

Radiogram No. 1638u

Form 24 for 11/10/09

CREW HEALTH STATUS

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1 , FE-4, FE-5	Morning Inspection
06:00-06:20	FE-2	Nutrition and Repository Urine Sample Collection
06:00-06:05	FE-3	Elektron-VM Aerosol Filter Inspection
06:05-06:10	FE-3	Morning Inspection
06:10-06:40	CDR, FE-1 , FE-3 , FE-4, FE-5	Post-sleep
06:20-06:30	FE-2	Nutrition and Repository MELFI Urine Sample First Insertion
06:30-06:55	FE-2	Post-sleep
06:40-06:55	CDR	BREAKFAST
06:40-07:25	FE-3	BREAKFAST
06:40-07:30	FE-1 , FE-4, FE-5	BREAKFAST
06:55-07:15	FE-2	Nutrition and Repository - Blood Samples
06:55-07:10	CDR	Nutrition and Repository - Blood Draw Operator
07:10-07:40	CDR	BREAKFAST
07:15-07:25	FE-2	Nutrition and Repository FE2 - Refrigerated Centrifuge Setup
07:25-07:35	FE-2	Nutrition and Repository - Refrigerated Centrifuge Config
07:25-07:40	FE-3	On MCC GO БМП Φ2 Absorption Cartridge Regeneration (start)
07:30-07:35	FE-5	ICV/C 3-Hour Makita Battery Swap
07:30-07:40	FE-1 , FE-4	Work Prep
07:40-08:05		Daily Planning Conference (<i>S-band</i>)
08:05-08:15	FE-4	Work Prep
08:05-08:15	CDR	CIR Alignment Guide Installation
08:05-08:25	FE-3	Work Prep
08:05-08:25	FE-2	Nutrition and Repository Blood Sample Insertion into MELFI
08:05-09:55	FE-1	TYPOLOGY Experiment. <i>Tagup with specialists (S-band)</i>
08:15-08:30	FE-4	3D Space Setup
08:15-09:15	FE-5	Physical Exercise (CEVIS)
08:20-08:30	CDR	Glove Box (MSG) Activation
08:25-08:40	FE-3 (assists)	TYPOLOGY Experiment Assistance
08:25-09:25	FE-2	BREAKFAST
08:30-09:00	FE-4	3D SPACE Experiment
08:30-11:30	CDR	EHS SM Sample Collection
08:40-09:40	FE-3	Physical Exercise (ARED)
09:00-09:15	FE-4	3D Space Stowage
09:15-09:25	FE-4	WRS Water Sample Analysis
09:25-09:45	FE-2	Nutrition and Repository Urine Sample Collection
09:25-10:25	FE-4	Crew Departure Prep

09:35-10:35	FE-5	EDSU Prepack for ULF3 Return
09:40-10:10	FE-3	Hygiene Procedures
09:45-09:50	FE-2	Nutrition and Repository Urine Sample MELFI Insertion
09:50-11:20	FE-2	Physical Exercise (ARED)
10:10-10:20	FE-3	Terminate charging Kelvin-video
10:25-10:45	FE-4	VO2 PPFS Setup
10:25-11:25	FE-1, FE-3	MRM2 Ingress Procedure Review. <i>Tagup with specialists (S-band)</i>
10:35-10:40	FE-5	ICV/C 3-Hour Makita Battery Swap
10:45-10:55	FE-4	VO2 PPFS Powerup
10:55-11:10	FE-4	VO2 Stow
11:20-11:30	FE-2	Nutrition and Repository - Stow Blood Sample Collection and Processing Hardware
11:25-11:30	FE-4	TOCA Data Recording
11:25-12:15	FE-1, FE-3	Study of Cardiovascular System under Graded Physical Load To=11:49 GMT. <i>Tagup with specialists (VHF)</i>
11:30-12:30	FE-2	Crew Departure Prep
11:30-13:00	CDR	Physical Exercise (ARED)
11:40-12:05	FE-4	VO2 Setup
11:40-12:30	FE-5	WRS Sample Collection
12:05-12:45	FE-4	VO2 Experiment Protocol
12:15-12:35	FE-3	Inspection of CPB-K2M Sediment Trap Insert
12:35-12:55	FE-2	Nutrition and Repository Urine Sample Collection
12:40-13:00	FE-5	ICV/C Ambulatory Monitoring Midpoint
12:45-12:50	FE-4	VO2 Data Downlink
12:50-13:00	FE-4	VO2 MBS Cleanup
12:55-13:00	FE-2	Nutrition and Repository Urine Sample MELFI Insertion
13:00-14:00	.	LUNCH
14:00-15:00	FE-2	ARED Lubrication
14:00-14:30	CDR, FE-3 , FE-4	Soyuz 225 Kazbek Fit Check
14:00-15:20	FE-5	WMK In-Flight Water Processing
14:30-15:30	CDR	ULF3 Cargo Transfer Tagup
14:30-14:40	FE-4	VO2 PPFS Setup
14:30-15:10	FE-3	COЖ Maintenance
14:30-14:45	FE-1	Private Medical Conference (<i>Ku+S-band</i>)
14:40-14:50	FE-4	TOCA Potable Water Dispenser (PWD) Sample Analysis
15:00-15:20	FE-2	Nutrition and Repository Urine Sample Collection
15:05-16:05	FE-1	RELAXATION Hardware Setup. <i>Tagup with specialists (S-band)</i>
15:20-15:25	FE-2	Nutrition and Repository Urine Sample MELFI Insertion
15:20-15:25	FE-4	Mice Drawer System Food Envelope Assemblies/Cartridges Replace Segment 1
15:20-15:30	FE-5	EHS Water Reclamation
15:20-16:20	FE-3	Physical Exercise (TVIS), day 4
15:25-15:55	FE-4	BIORHYTHM Preparation and Recording

15:30-16:00	FE-2, FE-5	EVA Conference (<i>S-band</i>)
15:40-16:40	CDR	T2 Physical Exercise
15:55-16:00	FE-4	VO2 PPFS Stowage
16:00-17:30	FE-5	Physical Exercise (ARED)
16:05-16:20	FE-1	RELAXATION. Setting parameters and starting the hardware. <i>Tagup with specialists (S-band)</i>
16:10-16:30	FE-4	Mice Drawer System Food Envelope Assemblies/Cartridges Replace
16:20-16:40	FE-1, FE-3	RELAXATION. Ionosphere Radiation Survey
16:40-16:45	CDR	Biolab. Crew Support for LSM Tightness Test
16:40-16:55	FE-3	Private Medical Conference (<i>Ku+S-band</i>)
16:40-17:35	FE-1	Physical Exercise (TVIS), day 3
16:50-17:00	FE-4	TOCA Data Transfer
17:00-17:05	FE-4	MDS Visual Inspection
17:00-18:00	FE-2	Physical Exercise (CEVIS)
17:15-17:20	FE-4	BCAT5 Sample Check and Photography
17:30-17:35	CDR	Biolab. Crew Support for LSM Tightness Test
17:30-19:00	FE-4	Physical Exercise (ARED)
17:30-18:10	FE-5	Analysis of Water Samples using Colorimetric Solid-Phase Extraction (C-SPE)
17:35-17:50	FE-3	Verify ИП-1 Flow Meter Configuration
17:35-17:50	FE-1	RELAXATION. Setting parameters and starting the hardware. <i>Tagup with specialists (S-band)</i>
17:35-18:05	CDR	T2 Exercise Data File Prep
17:50-18:10	FE-1, FE-3	RELAXATION. Ionosphere Radiation Survey
18:05-18:20	CDR	Removal of Upper Right T2 Belt Harness
18:10-18:30	FE-3	IMS Update
18:10-18:25	FE-1	RELAXATION. Zip Spectrum Files and Downlink via OCA / r/g 1648
18:10-18:20	FE-5	C-SPE Stow
18:15-19:05	FE-2	Evening Work Prep
18:20-19:05	CDR, FE-5	Evening Work Prep
18:25-18:55	FE-1	RELAXATION. Hardware Teardown
18:30-19:05	FE-3	Pre-sleep
19:00-19:05	FE-4	Transfer TVIS, CEVIS, and HRM data to MEC
19:05-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-21:30	CDR, FE-1 , FE-4, FE-5	Pre-sleep
19:30-19:35	FE-2	MPC Power Up
19:30-20:00	FE-3	INTERACTION Experiment Ops (FE- 3)
19:35-20:00	FE-2	Pre-sleep
20:00-20:50	FE-3	Pre-sleep
20:00-20:15	FE-2	Crew Discretionary Event
20:15-21:25	FE-2	Pre-sleep
20:50-21:05	FE-3	БМП Φ2 Absorption Cartridge Regeneration (termination)
21:05-21:25	FE-3	Pre-sleep

21:25-21:30	FE-3	Elektron-VM Aerosol Filter Inspection
21:25-21:30	FE-2	MPC Power Down
21:30-06:00	.	SLEEP

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTP for references to US activities
 3. Pre-sleep: dinner, daily food prep, evening toilet
- End of Radiogram