

Radiogram No. 4014u

Form 24 for 09/09/2010

**Medical And Science Experiments**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10	<b>FE-3, FE-5</b>	Morning Inspection
06:00-06:05	<b>CDR</b>	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-4, FE-6	SLEEP Data Log Entry
06:00-06:05	FE-2	REACTION Self Test
06:05-06:10	FE-2	SLEEP Data Log Entry
06:05-06:30	FE-4	SOLO Blood Sample Collection
06:05-06:15	FE-6	Morning Inspection
06:05-06:15	<b>CDR</b>	SONOCARD Experiment Termination
06:10-06:40	<b>FE-3, FE-5</b>	Post-sleep
06:10-06:20	FE-2	Morning Inspection
06:15-06:25	<b>CDR</b>	Morning Inspection
06:15-06:40	FE-6	Post-sleep
06:20-06:40	FE-2	
06:25-06:40	<b>CDR</b>	
06:30-06:35	FE-4	
06:35-06:55	FE-4	SOLO-RC Setup and Config
06:40-07:30	<b>CDR, FE-2, FE-3, FE-5, FE-6</b>	BREAKFAST
06:55-07:00	FE-4	REACTION Self Test
07:00-07:05	FE-4	Post-sleep
07:05-07:25	FE-4	SOLO MELFI Blood Sample Insertion
07:25-07:40	FE-4	Post-sleep
07:30-07:40	<b>FE-3, FE-5</b>	Work Prep
07:30-07:40	<b>CDR, FE-2, FE-6</b>	Post-sleep
07:40-08:00		Daily Planning Conference ( <i>S-band</i> )
08:00-08:15		ISS Crew and TOFY (RSA Flight Control Team Management) Weekly Conference ( <i>S-band</i> )
08:15-08:25	<b>FE-3, FE-5</b>	Work Prep
08:15-08:40	<b>CDR, FE-2</b>	Work Prep
08:15-09:50	FE-6	CFE-ICF1 Test Operations
08:15-08:55	FE-4	Using PCBA to Draw Blood
08:25-09:55	<b>FE-3</b>	Physical Exercise (TVIS), Day 1
08:35-09:25	<b>FE-5</b>	URAGAN. Observation and Photography using FSS
08:40-08:55	<b>CDR</b>	SONOCARD Copy Data to RSE-MED Laptop
08:55-09:45	FE-4	BREAKFAST
08:55-09:55	<b>CDR</b>	Physical Exercise (ARED)
09:10-09:20	FE-2	Activation of VO2max Crew Portable Pulmonary Function System
09:20-11:10	FE-2	VO2max. Experiment Protocol Prep

09:25-10:15	<b>FE-5</b>	Nikon D2X #03 Shutter Test. <i>Tagup with specialists (S-band)</i>
09:45-09:55	FE-4	Post-sleep
09:50-10:20	FE-6	CFE Teardown
09:55-10:40	<b>FE-3</b>	CASCADE Glovebox-C Hardware Prep
09:55-10:55	<b>CDR</b>	RUSALKA Setup, photo/video, and cleanup
09:55-10:00	FE-4	KIDS-MPC Activation
10:00-11:30	FE-4	Physical Exercise (ARED)
10:15-10:50	<b>FE-5</b>	<b>ISS-MCC TV</b> TV Greetings to the World Forum of Spiritual Culture in Astana <b>To=10:19, T1, T2, T3 from CПП</b>
10:20-10:30	FE-6	MSG SAME Experiment Daily Startup, Step 1
10:30-11:00	FE-6	SAME Sample Carousel Exchange
10:40-11:40	<b>FE-3</b>	Crew Departure Prep
10:55-11:55	<b>CDR</b>	SM ПФ1-4 Dust Collector Filter Cartridge Changeout ( <b>ФГБ1ПГО_2_224_1, b/c 00049676R</b> ). <b>Discard the removed items. Update IMS /</b>
11:00-12:15	<b>FE-5</b>	Study of veins in lower extremities
11:00-11:10	FE-6	SAME Videotape Changeout
11:10-11:30	FE-6	WRM Condensate Pumping Start
11:10-11:55	FE-2	VO2max Experiment Protocol
11:30-11:45	FE-4	FIR Photo/Video Setup
11:30-13:00	FE-6	Physical Exercise (ARED)
11:45-11:55	FE-4	ARIS Alignment Guide Removal
11:55-12:00	FE-4	KIDS MPC Deactivation
11:55-12:10	FE-2	VO2max. Thermolab Closeout Ops.
11:55-12:10	<b>CDR</b>	RUSALKA Terminate Data Copy and Downlink via OCA
12:10-12:15	FE-2	VO2max. Crew Portable Pulmonary Function System Data Downlink
12:15-13:00	FE-2	VO2max. VO2max Crew Mixing Bag System Stow
12:15-12:45	<b>CDR, FE-3, FE-5</b>	Biotechnical PL Plan Review
12:20-12:30	FE-4	CWC Audit
12:30-12:55	FE-4	Urine Sample Collection
12:45-12:50	<b>FE-3</b>	CASCADE Tyndallization Shutdown
12:45-13:00	<b>CDR, FE-5</b>	IMS Tagup ( <i>S-band</i> )
12:50-13:00	<b>FE-3</b>	
13:00-14:00		LUNCH
14:00-15:00	<b>FE-5 FE-3</b>	Video for Roskosmos TV Studio
14:00-14:10	<b>CDR, FE-6</b>	In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer
14:00-15:10	FE-4	Clean Bench Functional Checkout
14:00-14:50	FE-2	VO2max CPPFS Conclude
14:10-14:45	FE-6	RFTA Reconfiguration For Urine Processing
14:10-14:50	<b>CDR</b>	COЖ Maintenance
14:50-15:10	<b>CDR, FE-6</b>	Crew Cabin Installation
14:50-15:10	FE-2	SDRM Measurements

15:00-16:00	<b>FE-3</b>	Physical Exercise (TVIS), Day 1
15:00-16:00	<b>FE-5</b>	Physical Exercise (VELO), Day 1
15:10-15:25	FE-4	Food Frequency Questionnaire
15:10-15:20	FE-2	Glacier Desiccant Pack Removal
15:20-15:30	FE-6	PAO Hardware Setup
15:25-15:30	FE-4	FIR ARIS Position Control Stability Test Monitoring
15:30-15:40	FE-2, FE-4, FE-6	Crew Prep for PAO
15:40-16:00	FE-2, FE-4, FE-6	PAO Event
16:00-17:30	<b>FE-3</b>	Waste and Hygiene Compartment (WHS) Urine Receptacle and Insert Filter Changeout
16:00-16:10	FE-6	PAO Hardware Deactivation
16:00-17:30	<b>FE-5</b>	Physical Exercise (TVIS), Day 1
16:00-17:00	<b>CDR</b>	Crew Departure Prep
16:05-16:20	FE-4	SDTO T2 Harness Setup
16:05-16:20	FE-2	VO2max. Stow Crew Portable Pulmonary Function System
16:15-16:25	FE-6	WRM Condensate Pumping Terminate
16:20-17:20	FE-2	Physical Exercise (CEVIS)
16:20-17:20	FE-4	Physical Exercise T 2
16:25-16:35	FE-6	ARS CDRA QD Disconnect
17:00-18:30	<b>CDR</b>	Physical Exercise (TVIS), Day 4
17:10-17:20	FE-6	SLAMMD Hardware Partial Setup
17:20-18:50	FE-2	Physical Exercise (ARED)
17:20-17:30	FE-4	SDTO T2 Inspection
17:20-18:20	FE-6	Physical Exercise T 2
17:30-17:40	FE-4	SDTO T2 Harness Data Downlink
17:30-17:40	<b>FE-5</b>	Camcorder Battery Charge (start)
17:35-18:35	<b>FE-3</b>	CASCADE Installation of Thermostatic Enclosure (KT) with БУП and ТБУ (Universal Bioengineering Thermostatic Container) in DC1
17:40-18:00	<b>FE-5</b>	IMS Update
17:55-18:00	FE-4	Daily Diet Monitoring
18:00-18:15	FE-4	VHF test using US ground sites
18:00-18:40	<b>FE-5</b>	Evening Work Prep
18:15-18:20	FE-4	HAM Radio Deactivation
18:20-18:50	FE-4	Evening Work Prep
18:20-18:45	FE-6	Evening Work Prep
18:30-18:35	<b>CDR</b>	Elektron-VM Aerosol Filter Inspection
18:35-18:50	<b>CDR, FE-3</b>	Evening Work Prep
18:40-18:50	<b>FE-5</b>	Camcorder Battery Charge (complete)
18:45-18:50	FE-6	MSG/Smoke Aerosol Measurement Experiment Daily Shutdown
18:50-19:15		Daily Planning Conference ( <i>S-band</i> )
19:15-19:30	<b>CDR, FE-2,</b>	Evening Work Prep

	<b>FE-3, FE-5, FE-6</b>	
19:15-19:20	FE-4	Evening Work Prep
19:20-19:30	FE-4	FIR Alignment Guide Installation
19:30-21:30	<b>CDR, FE-3, FE-5, FE-6</b>	Pre-sleep
19:30-19:35	FE-4	MPC Power Up
19:30-21:25	FE-2	Pre-sleep
19:35-21:20	FE-4	Pre-sleep
21:20-21:25	FE-4	REACTION Self Test
21:25-21:30	FE-2	REACTION Self Test
21:25-21:30	FE-4	MPC Power Down
21:30-07:00		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 ops: dinner, daily food prep, evening toilet
- End of Radiogram