

Radiogram No. 1587u

Form 24 for 11/05/2009

BCK-2 and CYBA Cable Test. MO-5

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-2, FE-4, FE-5	Morning Inspection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-3	SONOCARD Experiment Termination
06:05-06:10	FE-1	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50		Daily Planning Conference (<i>S-band</i>)
07:50-07:55	CDR	Connection of MPPLL Power Cable
07:50-08:10	FE-1, FE-3, FE-4	Work Prep
07:50-08:20	FE-2	CARD Set Up
07:50-08:20	FE-5	PMA3 Leak Check Closeout Ops
07:55-08:00	CDR	EPM Laptop Setup and Activation
08:00-08:15	CDR	Work Prep
08:15-08:30	CDR, FE-4	ARED Platform Deploy
08:15-11:05	FE-1	PILOT-M FE-1 runs the experiment using Neurolab. <i>Tagup with specialists (S-band)</i>
08:15-08:30	FE-3	SONOCARD Copying Data to RSE-MED Laptop and OCA Data Downlink
08:20-09:05	FE-2	Fluid Servicing System (FSS) Stowage
08:30-09:55	CDR	Physical Exercise (ARED)
08:30-10:00	FE-4	(ITCS) Fluid Servicing System (FSS) Setup
08:35-08:55	FE-3 (assists)	PILOT-M. FE1 Runs the Experiment Using Neurolab
08:40-08:50	FE-5	FPEF P/L Cable Connection
08:50-10:10	FE-5	Marangoni Inside (MI) Core Cassette Installation
08:55-09:35	FE-3	COЖ Maintenance
09:20-10:20	FE-2	Physical Exercise (CEVIS)
09:35-09:45	FE-3	ПИЛОТ-М. Photography During Experiment
09:45-10:40	FE-3	Medical Support Equipment [CCMO] Audit
09:55-10:55	CDR	Physical Exercise (TVIS)
10:00-11:00	FE-4	Fluid Servicing System (FSS) Refill
10:25-11:25	FE-5	Physical Exercise (CEVIS)
10:30-12:00	FE-2	Physical Exercise (ARED)
10:40-10:55	FE-3	Soyuz 225 IRIDIUM Phone Charging Setup, Start Charge
11:00-11:30	CDR	CARD. Holter Setup
11:00-12:00	FE-4	Fluid Servicing System (FSS) Relocation to JEM
11:05-11:10	FE-3	Soyuz 225 IRIDIUM Phone Charging Status Check
11:10-11:20	FE-3	Soyuz 225 IRIDIUM Phone Charging, Terminate Charge, Stow Phone
11:20-11:35	FE-1	Soyuz 226 Iridium Phone Charging , Phone Set up, Start Charge
11:25-11:40	FE-5	Set up video equipment to record ARED exercise

11:30-12:30	FE-3	Physical Exercise (TVIS), day 3
11:40-12:55	FE-5	Marangoni Inside Core Installation
11:45-11:50	FE-1	Soyuz 226 IRIDIUM Phone Charging Status Check
11:50-12:15	CDR	CARD Rebreathe 1
11:50-12:00	FE-1	Soyuz 226 IRIDIUM Phone Charging, Terminate Charge, Stow Telephone, Cleanup
12:00-13:00	FE-1	Physical Exercise (ARED)
	FE-2	SAFER Checkout
	FE-4	JEM ATCS ATCS Water Fill
12:15-12:30	CDR	ESA Flight Director / ISS Crew Weekly Tagup (<i>Ku + S-band</i>)
12:30-12:50	CDR	CARD Urine Collection
12:30-13:00	FE-3	Hygiene Procedures
12:50-13:00	CDR	CWC Audit
13:00-14:00	.	LUNCH
14:00-14:15	CDR	JPM ATCS Gas Trap Reconfig (steps 1-4)
14:00-15:00	FE-1	Changeout of cartridges in SM dust filters ПФ1-4 (ФГБ1ПГО_4_417_1, bag 402, 00048867R). Update the IMS
14:00-14:20	FE-2	Start BSA Battery Charge
14:00-15:00	FE-3	Medical Support Equipment [CCMO] Audit / r/g 1609
14:05-14:35	FE-4, FE-5	SSRMS Checkout
14:20-14:50	FE-2	Crew Departure Prep
14:35-14:50	FE-5	Stow Video Equipment Used for ARED Exercise Video
14:45-15:00	FE-4	Private Psychological Conference (<i>Ku + S-band</i>)
14:50-15:00	CDR	PAO Hardware Setup
15:00-15:10		Crew Prep for PAO
15:10-15:30		PAO Event (<i>Ku + S-band</i>)
15:30-15:40	CDR	CARD Rebreathe 2
15:30-15:50	FE-1	IMS Update
15:30-15:40	FE-2	PAO Hardware Deactivation
15:30-15:50	FE-3	Medical Support Equipment [CCMO] Audit / r/g 1609
15:30-16:05	FE-4	Thermal Control Assembly for Low Temperature Loop (TCA L) Gas Trap Manual Valves reconfiguration
15:30-17:00	FE-5	Physical Exercise (ARED)
15:40-16:40	CDR	Hardware Prepack for Return on ULF3
15:50-16:40	FE-3, FE-1 (assists)	Study of cardiovascular system under graded physical load To=16:07. Tagup with specialists (VHF)
16:05-16:50	FE-2	FSS Equipment Relocation
16:05-17:05	FE-4	Physical Exercise (CEVIS)
16:40-16:55	CDR	Food Frequency Questionnaire
16:40-17:40	FE-1	Physical Exercise (TVIS), day 2
16:40-17:30	FE-3	Medical Support Equipment [CCMO] Audit
16:55-17:30	CDR	Evening Work Prep
17:00-17:30	FE-2	Crew Departure Prep

17:05-18:35	FE-4	Physical Exercise (ARED)
17:15-17:20	FE-5	Disconnect Display and Control Panel (DCP) Power Cable
17:30-18:30	FE-3	Physical Exercise (VELO), day 3
17:35-18:05	CDR	Pre-sleep
17:35-17:45	FE-2	MSL SCA Photo/Video
17:40-18:10	FE-1	Hygiene Procedures
17:45-18:05	FE-2, FE-5	Viewing PRM Video
18:05-18:35	CDR	CARD. Holter Arterial BP Measurements and Data Saving Day 1
18:05-18:35	FE-2, FE-5	Photo Skills Training for the Shuttle R-Bar Pitch Maneuver
18:15-18:25	FE-1	BAR. Kelvin-video battery charge (charge) / r/g 1604
18:30-18:35	FE-1	Elektron-VM Aerosol Filter Inspection
18:35-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:25	CDR	CARD Rebreathe 3
19:00-19:05	FE-2	Downlink images obtained during RPM OBT
19:00-19:30	FE-4	Evening Work Prep
19:00-19:05	FE-5	Transfer TVIS, CEVIS, and HRM data to MEC
19:05-19:15	FE-2	Evening Work Prep
19:05-19:30	FE-1, FE-3	TV Greeting to the State University of Management on the 90th Anniversary; TV Greetings to RAKETAFEST Rocket-Modeling Festival; TV Greetings to A. L. Martynovsky, Vice-President of RSC Energia on his 70th Anniversary (<i>VHF</i>). To=19:03, T1, T2, T3 activation from CПП
19:05-19:30	FE-5	Evening Work Prep
19:15-19:40	FE-2	Pre-sleep
19:30-21:20	FE-1	Pre-sleep
19:25-19:55	CDR	MSL Exchange 1
19:30-21:30	FE-3, FE-4	Pre-sleep
19:30-19:35	FE-5	MPC Power Up
19:35-21:25	FE-5	Pre-sleep
19:40-19:45	FE-2	HAM Radio Setup
19:45-19:55	FE-2	HAM Radio Session
19:55-21:30	CDR, FE-2	Pre-sleep
21:20-21:30	FE-1	SONOCARD Experiment Start
21:25-21:30	FE-5	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