

Radiogram No. 8630u

Form 24 for 09/26/08

RELAXATION EXPERIMENT. MEDICAL EXPERIMENTS

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40		Prep for Work
07:40-07:55		Daily Planning Conference (<i>S-band</i>)
07:55-08:10		Prep for Work
08:10-08:25		ISS Crew and ГОГУ (RSA Flight Control Team) Weekly Conference (<i>S-band</i>)
08:25-09:55	FE-2	OUM-PFE – hardware installation
08:40-08:45	FE-1	ГФИ-1 (Geophysical Studies). Start SONY DCR-TRV900E Battery Charge
08:45-09:05	FE-1	MATRYOSHKA-R. Monitoring Lulin-5 Readings
08:55-09:55	CDR	Physical Exercise (TVIS), day 1
09:35-09:55	FE-1	IMS Update
09:55-10:35	FE-1	COЖ Maintenance
09:55-10:40	CDR	OUM-PFE - operator
09:55-10:40	FE-2	OUM-PFE – evaluation protocol
10:35-12:05	FE-1	Cleaning ГЖТ4 (Gas-Liquid Heat Exchanger) BT-7 Fan Screen
10:40-12:10	CDR	Physical Exercise (TVIS), day 1
10:40-11:15	FE-2	OUM-PFE deactivation and stowage 1
11:15-11:20	FE-2	Lab Window Shutter Close
11:20-12:50	FE-2	Physical Exercise (RED)
12:05-12:10	FE-1	ГФИ-1. Terminate SONY DCR-TRV900E Battery Charge
12:10-13:10	CDR	CARDIO-LBNP. Experiment set up (for assistant). <i>Tagup with specialists (S-band)</i>
12:10-13:10	FE-1	CARDIO-LBNP. Experiment setup. <i>Tagup with specialists (S-band)</i>
12:50-13:50	FE-2	Flow Meter Battery Installation.
13:10-13:30	FE-1, CDR (assists)	CARDIO-LBNP. Taking measurements during comm session. To=13:08. <i>Tagup with specialists (VHF)</i>
13:30-14:00	FE-1, CDR	CARDIO-LBNP. Closeout Ops. <i>Tagup with specialists (S-band)</i>
14:00-15:00		LUNCH
15:00-16:00	FE-1	RELAXATION. Equipment setup. <i>Tagup with specialists (S-band)</i>
15:00-15:45	FE-2	SLEEP. Activation of Actiwatch hardware and loading data.
15:00-15:40	CDR	Cleaning БД1 and БД2 air ducts in DC-1
15:40-18:40	CDR	Replacement and checkout of HAM radio equipment. <i>Tagup with specialists (as necessary) (S-band)</i>
15:45-16:45	FE-2	Clean Bench functional test
16:00-17:30	FE-1	Physical Exercise (TVIS), day 1
16:45-17:15	FE-2	PCS power down
17:15-17:30	FE-2	Food frequency questionnaire
17:30-17:35	FE-2	O2 level check

17:30-17:45	FE-1	RELAXATION. Setting parameters and starting the hardware. <i>Tagup with specialists (S-band)</i>
17:35-17:40	FE-2	SSC file server reboot
17:40-17:45	FE-2	OCA SSC router reboot
17:45-18:10	FE-1	RELAXATION. Observation of Ionosphere. <i>Tagup with specialists (S-band)</i>
17:45-18:15	FE-2	Sleep – Initialization
18:10-18:40	FE-1	RELAXATION. Hardware removal
18:15-18:25	FE-2	NUTRITION. Hardware setup
18:25-18:55	FE-2	Prep for Work
18:40-18:55	CDR	Prep for Work
18:40-18:45	FE-1	Transfer of TVIS, RED, and HRM data to MEC
18:45-18:55	FE-1	Prep for Work
18:55-19:10		Daily Planning Conference (<i>S-band</i>)
19:10-19:30		Flight Director / ISS Crew Tagup (<i>Ku + S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30	FE-1, CDR	Pre-sleep
20:30-21:25	FE-2	Pre-sleep
21:25-21:30	FE-2	Questionnaire - journal entry
21:30-06:00	.	SLEEP

Notes:

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram