

Radiogram No. 1284u

Form 24 for 10/04/09

ISS 19/20 TO ISS 21 CREW HANDOVER

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1,FE-1-21,FE-3,SFPVC	Morning Inspection
06:00-06:05	FE-5-21	Biphosphate Tablet Ingestion
06:05-06:15	FE-5-21	Morning Inspection
06:10-06:40	CDR,FE-1,FE-1-21,FE-3,SFPVC	Post-sleep
06:15-06:40	FE-5-21	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:50	CDR,FE-1,FE-3,FE-1-21,FE-5-21	Work Prep
07:35-07:45	SFPVC	Tagup with Consultants Team (VHF1)
07:45-08:15		Work Prep
07:50-08:15	CDR,FE-1,FE-3,FE-1-21,FE-5-21	Daily Planning Conference (S-band)
08:15-09:00	FE-3,FE-1-21	ISS 20/ ISS 21 Crew Handover
08:15-09:45	FE-1	Physical Exercise (ARED)
08:15-09:45	CDR	Investigate why fuses keep blowing in power supply box [CY COTP PPЖ1 KOX1]
08:30-09:45	FE-5-21	Crew time for ISS adaptation and orientation
09:00-09:25	FE-3,FE-1-21,SFPVC	VC TV PAO (To=08:59, T1, T2, T3 - activated by Daily Flight Program [СПП])
09:30-09:45	FE-1-21	Private Medical Conference (S-band)
09:45-10:05	CDR,FE-1,FE-3,FE-1-21,FE-5-21	Emergency Response Conference & Briefing (S-band)
10:05-11:45		Safety Handover
10:45-10:55	SFPVC	Tagup with Consultant Team via VHF1
11:45-13:00	FE-1-21	Crew time for ISS adaptation and orientation
11:45-13:00	FE-1,FE-5-21	ISS 20/ ISS 21 Crew Handover
11:50-12:45	CDR,FE-3 (assists)	LBNP Exercise (PRELIMINARY). Tagup with specialists (VHF)
13:00-14:00	.	LUNCH
14:00-15:25	FE-1,FE-5-21	ISS 20/ ISS 21 Crew Handover
14:00-14:15	FE-1-21	CONSTANTA. RECOMB-K Hardware Transfer from Soyuz to SM. Tagup with specialists (S-band)
14:00-14:25	FE-3	CONSTANTA. Preparation of Video Equipment
14:15-15:15	FE-1-21	CONSTANTA. Setup, Photography, Recomb-K Run 1
14:25-15:05	FE-3	COЖ Maintenance. CBO, ЦП, and POTOK Air Purification System Data Calldowns for SM and FGB
15:05-15:15	FE-3	CONSTANTA. Video Equipment Disassembly
15:15-15:55	FE-1-21	Auxiliary [BKC] Laptop Anti-Virus Software Refresh
15:15-16:15	FE-3	Physical Exercise (TVIS), day 3
15:20-15:35	SFPVC	IP-Phone Private Conference
15:25-15:55	FE-1	CEVIS Relocation

15:25-17:00	FE-5-21	Crew time for ISS adaptation and orientation
15:30-15:45	CDR	Verify ИП-1 Flow Meter Configuration
16:00-16:30	FE-1-21	ARIL. Insertion of ARIL Pack from Container #15 to CRYOGEM-03M at +4 Degrees, Photography
16:15-17:15	CDR	Physical Exercise (TVIS), day 4
16:30-16:50	FE-1-21	CASCADE. Removal from CRYOGEM-03M, Setup in Thermal Container, Activation of Mixing
16:30-16:40	FE-1	CARD HOLTER BP Monitor Batteries Insertion
16:40-16:45	FE-3	CASCADE Photography
16:40-17:10	SFPVC	ISS Ops Video Recording
16:45-17:45	FE-3	Physical Exercise (VELO), day 3
16:50-17:05	FE-1-21	CASCADE. Bioreactor #05 Retrieval from Thermostatic Container and Relocation to CRYOGEM-03M (+29). <i>Tagup with specialists (S-band)</i>
17:05-17:35	FE-1-21	CASCADE. Unplug KT Container from PBC power outlet and stow
17:10-18:10	FE-1	Physical Exercise (TVIS)
17:35-18:20	CDR,FE-1-21	ISS 20/ ISS 21 Crew Handover
17:45-18:15	FE-3	Post-Exercise Hygiene Procedure
18:00-18:20	FE-5-21	Install EDV-U in LAB1P4 and configure compressor
18:10-18:40	FE-1	Pre-sleep
18:15-18:45	FE-3	Work Prep
18:15-18:30	SFPVC	E-mail ops
18:20-18:45	CDR,FE-1-21,FE-5-21	Work Prep
18:30-19:30	SFPVC	Work Prep
18:40-18:45	FE-1	Transfer TVIS, CEVIS, and HRM data to MEC
18:45-19:10	CDR,FE-1,FE-3,FE-1-21,FE-5-21	Daily Planning Conference (<i>S-band</i>)
19:10-19:30	CDR,FE-1-21	Work Prep
19:10-19:25	FE-1	EHS PanOptic Setup
19:10-19:30	FE-3	IMS Update
19:10-19:20	FE-5-21	Work Prep
19:20-19:35	FE-5-21	Private Medical Conference (<i>S-band</i>)
19:25-19:30	FE-1	EHS PanOptic Preparation
19:30-19:55	FE-1	Pre-sleep
19:30-21:30	CDR,FE-1,FE-3,FE-1-21	
19:35-21:30	FE-5-21	
19:55-20:25	FE-1	EHS PanOptic Medical Examination
20:25-20:40		EHS PanOptic Data Download and Stowage
20:40-21:00		Pre-sleep
21:00-21:15		Private Family Conference (<i>S-band</i>)
21:15-21:30		Pre-sleep
21:30-06:00	.	SLEEP
Task List	SFPVC	Earth Photography and Copying Photos to Return HDD

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