

Radiogram No. 823u

Form 24 for 07/31/09

Progress 367 Electrical Test. Plasma Crystal Experiment

| GMT | CREW | ACTIVITY |
|-------------|--------------------|--|
| 06:00-06:10 | CDR, FE-4, FE-5 | Morning Inspection |
| 06:00-06:30 | FE-1 | Post-sleep |
| 06:00-06:10 | FE-3 | SONOCARD Experiment Termination |
| 06:00-06:20 | FE-2 | Nutrition and Repository Urine Sample Collection |
| 06:10-06:40 | CDR, FE-4, FE-5 | Post-sleep |
| 06:10-06:20 | FE-3 | Morning Inspection |
| 06:20-06:30 | FE-2 | Nutrition and Repository MELFI Urine Sample First Insertion |
| 06:20-06:50 | FE-3 | Post-sleep |
| 06:30-06:45 | FE-2 | Nutrition and Repository - Blood Draw Operator |
| 06:30-06:50 | FE-1 | Nutrition and Repository - Blood Samples |
| 06:40-07:30 | CDR, FE-4, FE-5 | BREAKFAST |
| 06:45-07:15 | FE-2 | Post-sleep |
| 06:50-07:00 | FE-1 | Nutrition and Repository Refrigerated Centrifuge Setup |
| 06:50-07:40 | FE-3 | BREAKFAST |
| 07:00-07:10 | FE-1 | Nutrition and Repository Refrigerated Centrifuge Config |
| 07:10-07:40 | FE-1 | BREAKFAST |
| 07:15-08:05 | FE-2 | BREAKFAST |
| 07:30-08:00 | FE-5 | Work Prep |
| 07:30-08:05 | FE-4 | Work Prep |
| 07:30-07:45 | CDR | БМП Ф2 Absorption Cartridge Regeneration (start) |
| 07:45-08:05 | CDR | Work Prep |
| 07:40-08:05 | FE-3 | Work Prep |
| 07:40-08:00 | FE-1 | Nutrition and Repository Blood Sample Insertion into MELFI |
| 08:00-08:05 | FE-5 | Set up Video Equipment to Record ARED Exercise |
| 08:05-08:25 | | Daily Planning Conference (<i>S-band</i>) |
| 08:25-08:40 | | ISS Crew and ГОГҮ (RSA Flight Control Team Management) Weekly Conference (<i>S-band</i>) |
| 08:40-09:40 | FE-3 | Physical Exercise (ARED) |
| 08:40-09:40 | FE-5 | SSRMS ROBOT Activity |
| 08:40-09:10 | FE-4 | On-orbit hearing assessment using EARQ |
| 08:40-08:50 | FE-1 | Nutrition and Repository - Stow Blood Sample Collection and Processing Hardware |
| 08:50-09:10 | FE-1 | BREAKFAST |
| 08:50-09:50 | CDR, FE-2 | Joint Emergency Procedure Review |
| 09:10-09:40 | FE-4 | Node1 Cargo Transfers |
| 09:10-10:40 | FE-1 | Periodic Fitness Evaluation Nom Ops (subject) |
| 09:40-09:55 | FE-3 | SONOCARD Copy Data to RSE-MED Laptop and OCA Data Downlink |
| 09:40-10:10 | FE-4 | Periodic Fitness Evaluation NOM OPS (assistance) |

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| 09:55-10:20 | CDR | Plasma Crystal-3 Plus. Telescience Hardware Setup |
| 09:55-11:20 | FE-3 | Progress 367 unloading with IMS support |
| 10:00-11:30 | FE-5 | Physical Exercise (ARED) |
| 10:20-11:20 | FE-4 | Physical Exercise (CEVIS) |
| 10:20-10:40 | CDR | TV-ISS-MCC. Plasma Crystal-3. TV Downlink. <i>Tagup with specialists (S-band)</i> |
| 10:25-10:35 | FE-2 | TVIS Weekly Maintenance |
| 10:40-10:55 | CDR | Plasma Crystal-3 Plus. Close-out Ops |
| 10:55-11:15 | CDR | On-orbit hearing assessment using EARQ |
| 11:00-11:15 | FE-1 | PWD Cleaning |
| 11:15-11:30 | CDR | IMS Tagup (<i>S-band</i>) |
| 11:20-12:50 | FE-4 | Physical Exercise (ARED) |
| 11:20-11:50 | FE-3 | SEINER Ocean Observations |
| 11:30-12:30 | CDR | Physical Exercise (TVIS), day 3 |
| 11:30-12:30 | FE-2 | Crew time for ISS adaptation and orientation |
| 11:30-12:30 | FE-5 | Physical Exercise (CEVIS) |
| 12:30-13:00 | CDR | Hygiene Procedures |
| 12:30-12:50 | FE-2 | Nutrition and Repository Urine Sample Collection |
| 12:40-13:00 | FE-3 | On-orbit hearing assessment using EARQ |
| 12:50-12:55 | FE-2 | Nutrition and Repository Urine Sample MELFI Insertion |
| 12:55-13:00 | FE-5 | Stow Video Equipment Used for ARED Exercise Video |
| 13:00-14:00 | | LUNCH |
| 14:00-14:30 | CDR | COX Maintenance |
| 14:00-14:15 | FE-4 | FFQ Food Frequency Questionnaire |
| 14:20-14:40 | FE-5 | On-orbit hearing assessment using EARQ |
| 14:20-14:35 | FE-4 | SSC PIP Reconfiguration |
| 14:25-14:40 | FE-2 | ARED Checklist Replacement |
| 14:40-15:00 | | Weekly Crew Conference with the ISS Program Management (<i>S-band</i>) |
| 15:00-15:50 | FE-3 | Progress 367 Unloading with IMS Support |
| 15:00-15:25 | FE-1 | On-orbit hearing assessment using EARQ |
| 15:00-16:30 | FE-2 | Physical Exercise (ARED) |
| 15:00-17:00 | FE-5 | LAB1S4 Cleanout Behind Panels |
| 15:05-16:05 | FE-4 | Centerline Berthing Camera System (CBCS) Installation and Checkout |
| 15:30-16:30 | FE-1 | Physical Exercise (TVIS) |
| 16:05-16:25 | FE-3 | IMS Update |
| 16:10-16:25 | FE-4 | VHF Comm Check via US Ground Sites |
| 16:25-17:25 | FE-3 | Physical Exercise (TVIS), day 2 |
| 16:30-18:00 | FE-1 | Physical Exercise (ARED) |
| 17:00-17:35 | FE-4 | Scheduled Maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP) |
| 17:00-17:20 | FE-2 | Nutrition and Repository Urine Sample Collection |
| 17:20-17:25 | FE-2 | Nutrition and Repository Urine Sample MELFI Insertion |
| 17:25-18:25 | FE-2 | Physical Exercise (TVIS) |

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| 17:25-17:55 | FE-3 | Hygiene Procedures |
| 17:25-18:25 | CDR | Physical Exercise (VELO), day 3 |
| 17:40-17:55 | FE-4 | VHF Comm Check via US Ground Sites |
| 17:40-17:55 | FE-5 | Food Frequency Questionnaire |
| 18:00-18:15 | FE-1 | ARED Cylinder Flywheel Evacuation |
| 18:20-18:25 | FE-1 | JPM and LAB Window Shutter Closure |
| 18:20-18:25 | FE-5 | Transfer TVIS, CEVIS, and HRM data to MEC |
| 18:25-18:45 | . | Evening Work Prep |
| 18:45-19:10 | | Daily Planning Conference (<i>S-band</i>) |
| 19:10-19:30 | | Flight Director / ISS Crew Tagup (<i>Ku + S-band</i>) |
| 19:30-21:30 | FE-1, FE-2, FE-3, FE-4, FE-5 | Presleep (dinner, daily food prep, evening toilet) |
| 19:30-21:15 | CDR | |
| 21:15-21:30 | CDR | Regeneration of БМП Φ2 Absorption Cartridge (termination) |
| 21:30-06:00 | | SLEEP |
| Task List | CDR | URAGAN Observations and Photography |

Notes:

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

End of Radiogram