

Radiogram No. 3314u

Form 24 for 08/30/2013

HEALTH EVALUATION. LBNP EXERCISE

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. Laptop RS2(1) Reboot
06:00-06:10	FE-2	Biochemical Urine Test
06:00-06:10	FE-3	Morning Inspection
06:00-06:10	FE-4	Morning Inspection. RSS1, RSS2 Reboot
06:00-06:10	FE-5	HRF - Generic Sample Operations
06:00-06:10	FE-6	HRF - Generic Sample Operations
06:10-06:20	CDR	Biochemical Urine Test
06:10-06:20	FE-2	Morning Inspection. SM ПСС (Caution & Warning Panel) Test
06:10-06:40	FE-3	Post-sleep
06:10-06:20	FE-4	Post-sleep
06:10-06:15	FE-5, FE-6	HRF - Sample MELFI Insertion
06:15-06:20	FE-5	Reaction Self Test
06:15-07:00	FE-6	BIOME - Questionnaire and sample collection
06:20-06:45	FE-2	Post-sleep
06:20-06:50	CDR	Post-sleep
06:20-06:30	FE-4	Biochemical Urine Test
06:20-06:30	FE-5	Morning Inspection
06:30-06:50	FE-4	Post-sleep
06:30-06:45	FE-5	Biochemical Urine Test
06:40-07:30	FE-3	BREAKFAST
06:45 - 06:55	FE-2	URYSIS Hardware Stow
06:45-07:15	FE-5	Post-sleep
06:50-07:40	CDR, FE-4	BREAKFAST
06:55-07:50	FE-2	BREAKFAST
07:00-07:05	FE-6	HRF - MELFI Sample Insertion
07:05-07:10	FE-6	Reaction Self Test
07:10-07:55	FE-6	Post-sleep
07:15-07:55	FE-5	BREAKFAST
07:30-07:50	FE-3	Work Prep
07:40-07:55	CDR	Work Prep
07:40-07:50	FE-4	PAO hardware setup
07:50-07:55	FE-2, FE-4	Work Prep
07:55-08:20		Daily Planning Conference (<i>S-band</i>)
08:20-08:35		ISS Crew and ГОГУ (RSA Flight Control Team Management) Weekly Conference (<i>S-band</i>)
08:35-08:45	CDR, FE-2, FE-4	Crew Prep for PAO

08:35-08:45	FE-3	JEMRMS - Start BUS Monitoring
08:35-08:40	FE-5	BIOME - Questionnaire Data Entry
08:35-09:20	FE-6	BREAKFAST
08:40-08:45	FE-5	BIOME -Equipment Stowage
08:45-08:55	FE-5	Work Prep
08:45-09:00	CDR, FE-2, FE-4	Interactive TV PAO with the Guests of MAKS-2013 International Aviation and Space Salon (<i>Ku + S-band</i>)
08:55-09:20	FE-5	WHC Fill
09:00-09:15	FE-2, FE-4	Work Prep
09:15-09:30	CDR, FE-2, FE-4	IMS Tagup (<i>S-band</i>)
09:20-09:50	FE-5	USND2 - Hardware Checkout before the Experiment
09:20-09:50	FE-3, FE-6	EVA Procedure Conference
09:30-10:20	FE-4	Replace ПС1, ПС2 Dust Collector Filters in FGB (ФГБ1ПГО_2_224_1, Bag 413-38 (00054837R). Discard the removed items. Reflect changes in IMS)
09:40-10:10	FE-2	Crew Departure Prep
09:50-10:00	FE-6	Ultrasound - Scanning Prep
09:50-10:00	FE-5	System Laptop Terminal (SLT) Reboot
09:55-11:25	FE-3	ARED Exercise
10:00-10:40	FE-6- CMO FE-5 - subject	Ultrasound 2 Scan Ops
10:20-11:15	CDR, FE-2-assists	LBNP Exercise (PRELIMINARY). <i>Tagup w/ specialists (VHF)</i>
10:20-11:20	FE-4	Cleaning FGB ГЖТ (Gas-Liquid Heat Exchanger) detachable screens 1, 2, and 3
10:40-10:50	FE-5	Ultrasound Data Transfer
11:00-11:40	FE-5	Ultrasound Scan - Operator
11:00-11:40	FE-6	Ultrasound Scan - Operator
11:15-11:45	FE-2	Crew Departure Prep
11:30-13:00	FE-4	ARED Exercise
11:40-11:45	FE-5	Ultrasound Scanning
11:40-11:50	FE-6	Ultrasound Data Transfer
11:45-11:55	FE-5	ON MCC GO ATV - ISS Air Repress (start)
11:50-12:05	FE-6	Multi-purpose Small Payload Rack (MSPR) Microscope Activation
11:55-12:50	FE-2, CDR-assists	LBNP Exercise (PRELIMINARY). <i>Tagup w/ specialists (VHF)</i>
11:55-12:05	FE-5	Food Frequency Questionnaire
12:00-12:20	FE-3	ISS - HAM Radio Session
12:05-13:05	FE-5, FE-6	LUNCH
12:20-13:05	FE-3	LUNCH
12:50-13:50	CDR, FE-2	LUNCH

13:00-14:00	FE-4	LUNCH
13:05-13:50	FE-3, FE-5	SSRMS - External Platform (EP) Handoff from JEMRMS and Install on HTV
13:05-13:45	FE-6	ASIAN SEED - Experiment start
13:45-13:50	FE-6	ASIAN SEED - Start Replay
13:50-14:50	CDR, FE-2, FE-3	TK 708 Sokol Suit Leak Check
13:50-14:05	FE-5	BIOME - Sample Collection Ops
13:50-14:00	FE-6	CIR - Hardware Setup
14:00-14:40	FE-4	COX Maintenance
14:00-15:00	FE-6	Ocular Health (OH) Blood Pressure and Cardiac Operations
14:05-14:10	FE-5	SHD - Weekly Questionnaire
14:15-14:25	FE-5	ON MCC GO ATV - ISS Air Repress (terminate)
14:25-14:50	FE-5	Ocular Health (OH) Assistance in Blood Pressure and Cardiac Operations
14:40-15:10	FE-4	Replacement of urine receptacle Install No. 1120327 (00060265R, CM1PO_1_138_1 and) ACY filter-insert No. 1301252, CM1PO_1_138_1, bag 362-21 (00046580R). Reflect changes in IMS)
14:50-15:05	CDR, FE-2	Sokol Suit Drying - Set up Suits 1 and 2 for Drying
14:50-15:00	FE-3	JEMRMS Monitor Stop
15:00-15:10	FE-3	JEMRMS USB Virus Check
15:00-15:50	FE-5	Ocular Health (OH) Blood Pressure and Cardiac Operations
15:00-15:05	FE-6	ASIAN SEED - End Playback and Power off Camcorder
15:05-15:10	CDR	Terminate Flushing of CPBK-2M Water Conditioning Unit Purification Columns (EDB removal)
15:05-15:55	FE-2	MATRYOSHKKA-R BUBBLE-dosimeter gathering and readings. <i>Tagup with specialists (as necessary) (S-band)</i>
15:10-16:10	CDR	Crew Departure Prep
15:10-15:35	FE-6	Ocular Health (OH) Assistance in Blood Pressure and Cardiac Operations
15:10-15:25	FE-3	JEMRMS Data Transfer
15:10-16:10	FE-4	Reconfigure BRI v. 4.2.31. <i>Tagup with specialists (S-band)</i>
15:25-15:40	FE-3	JRMS - Disconnect cables between UOP and RLT3
15:40-16:40	FE-3	WRS Maintenance
15:40-17:10	FE-6	ARED Exercise
15:50-15:55	FE-5	Retrieval of Radi-N dosimeters from deployed locations
15:55-16:00	FE-2	MATRYOSHKKA-R. Handover of BUBBLE-dosimeters from USOS. <i>Tagup with specialists (as necessary) (S-band)</i>
15:55-16:00	FE-5	RADIN - Hardware Handover to the Russian Crew
16:00-16:25	FE-2	MATRYOSHKKA-R BUBBLE-dosimeter gathering and readings. <i>Tagup with specialists (as necessary) (S-band) / r</i>
16:10-17:10	FE-4	БД-2 Exercise, Day 2

16:10-17:10	FE-5	CEVIS Exercise
16:35-17:35	CDR	Physical Exercise (T2) Day 3
17:10-17:25	FE-3, FE-6	IMS and Stowage Conference
17:10-17:30	FE-4	IMS Update / /
17:10-18:40	FE-2	БД-2 Exercise, Day 2
17:10-18:40	FE-5	ARED Exercise
17:25-17:40	FE-6	USND2 - Close-out Ops and Stowage
17:25-18:25	FE-3	CEVIS Exercise
17:35-17:45	CDR	Terminate Drying of Suits 1, 2
17:40-18:40	FE-6	Physical Exercise T 2
17:45-18:00	CDR	Start Drying Spacesuit 3 and Set Up the 1st Pair of Gloves for Drying
18:20-18:30	CDR	Evening Work Prep
18:20-18:40	FE-4	Evening Work Prep
18:25-18:35	FE-3	Columbus Front Deck Cargo Restow
18:30-18:35	CDR	Finish drying the first pair of gloves and start drying the second pair
18:40-19:05		Daily Planning Conference (<i>S-band</i>)
19:05-19:10	CDR	Terminate Drying the Second Pair of Gloves
19:05-19:20	FE-2, FE-3, FE-4, FE-5, FE-6	Evening Work Prep
19:10-19:20	CDR	Evening Work Prep
19:20-19:40		Flight Director / ISS Crew Tagup (<i>S-band</i>)
19:40-20:30	CDR	Pre-sleep
19:40-21:15	FE-2, FE-6	Pre-sleep
19:40-20:30	FE-3	Pre-sleep
19:40-21:15	FE-5	Pre-sleep
19:40-21:30	FE-4	Pre-sleep
20:30-20:45	CDR	Finish Drying the 3rd suit, Start Drying the 3rd Pair of Gloves
20:30-20:45	FE-3	Private Special Conference (PSC)
20:45-21:30	FE-3	Pre-sleep
20:45-21:10	CDR	Pre-sleep
21:10-21:15	CDR	Terminate drying the 3rd pair of gloves
21:15-21:30	CDR, FE-2	Stow Suits and Gloves after Drying.
21:15-21:20	FE-5	Reminder for the crew to coordinate and consolidate samples for MELFI insertions
21:15-21:25	FE-6	USOS Window Shutter Close
21:20-21:25	FE-5	Reading REMINDER
21:25-21:30	FE-5	Reaction Self Test
21:25-21:30	FE-6	Reaction Self Test
21:30-06:00		SLEEP
Task List	CDR, FE-2,	Preparation of reports for Roskosmos site

	FE-4	ECON-M. Observations and Photography
		URAGAN. Observations and Photography
	CDR, FE-2	Personal Data Prep on SSC for Crew Return

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTPV for references to US activities.
 3. Pre-sleep ops: daily food prep, dinner, pre-sleep
 4. Russian crew uses US exercise equipment strictly per F24 or OSTPV
 5. **No T2 Exercise at 06:40 - 10:45; 11:55 - 12:55**
 6. **No Exercise between 13:05- 13:50**
- End of Radiogram