

Radiogram No. 4474u

Form 24 for 10/30/2010

PROGRESS 408 DOCKING TO DC1

GMT	CREW	ACTIVITY
06:00-06:05	CDR, FE-6	Reaction Self Test
06:00-06:10	FE-1, FE-5	Morning Inspection
06:00-06:05	FE-2	Elektron-VM Aerosol Filter Inspection
06:00-06:20	FE-3	Urine Sample Collection
06:05-06:10	CDR, FE-2 , FE-6	Morning Inspection
06:10-06:40	CDR, FE-1 , FE-2, FE-5 , FE-6	Post-sleep
06:20-06:30	FE-3	HRF Urine Sample MELFI Insertion
06:30-06:35	FE-3	Reaction Self Test
06:35-06:40	FE-3	Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45	FE-1, FE-2 , FE-5	Daily Planning Conference (<i>S-band</i>)
07:30-07:40	FE-3	USOS Window Shutter Close
07:30-07:35	FE-6	HAM Radio Deactivation
07:35-10:35	CDR	Weekly Housekeeping
07:35-09:40	FE-6	Weekly Housekeeping
07:40-09:10	FE-3	Weekly Housekeeping
08:30-10:00	FE-5	Physical Exercise (TVIS), Day 4
09:10-10:40	FE-3	Physical Exercise (ARED)
09:30-11:00	FE-1	Physical Exercise (TVIS), Day 3
09:40-10:40	FE-6	Physical Exercise (CEVIS)
10:30-11:30	FE-2	Physical Exercise (VELO), Day 3
10:40-12:10	FE-6	Physical Exercise (ARED)
10:40-12:10	FE-3	Weekly Housekeeping
11:10-12:10	CDR	Physical Exercise (CEVIS)
12:10-12:40		Weekly Planning Conference (<i>S-band</i>)
12:40-13:40		LUNCH
13:40-13:55	FE-3	Private Family Conference
13:40-13:55	CDR	Food Frequency Questionnaire
13:40-13:50	FE-5	IZGIB -DAKON. Hardware Activation
13:50-14:00	FE-5	Monitoring video on SSC1 Laptop during MPEG-2 streaming test
13:55-14:00	CDR	Activation of A31P Laptop
13:55-14:15	FE-3	Urine Sample Collection
14:15-14:20	FE-3	HRF Urine Sample Insertion into MELFI
14:20-14:35	FE-3	Food Frequency Questionnaire
14:20-14:25	FE-5	IZGIB -DAKON. Payload Status Check
14:35-14:40	FE-3	P/L Multi-Protocol Converter (MPC) Power On

14:35-14:45	FE-5	Sony Z1 camcorder setup to record video from Souyz 408
14:45-15:15	FE-1, FE-2	Preparation for Progress 408 Docking
15:00-15:40	FE-5	COЖ Maintenance
15:15-16:45	FE-1, FE-2	Progress 408 Docking to DC1
17:05-18:35	CDR	Physical Exercise (ARED)
17:05-17:15	FE-5	Close-out ops with Sony Z1
17:15-17:55	FE-5	IDENTIFICATION. Copy ИМУ-Ц micro-accelerometer data to laptop
17:45-17:55	FE-1	ON MCC GO Monitoring Secondary Purification Unit Temperature After Elektron Activation
17:55-18:00	FE-3	P/L Multi-Protocol Converter (MPC) Power Off
17:55-18:30	FE-5	IZGIB-DAKON Copy data to USB, clear archive, downlink data to the ground
17:55-18:00	FE-2	Elektron-VM Aerosol Filter Inspection
18:00-18:20	FE-3	Urine Sample Collection
18:20-18:25	FE-3	HRF Urine Sample Insertion into MELFI
18:30-19:30	FE-3	Physical Exercise T 2
18:30-18:35	FE-5	IZGIB-DAKON. Hardware Deactivation
18:30-19:30	FE-2	Physical Exercise (TVIS), Day 3
18:30-19:30	FE-1	Physical Exercise (VELO), Day 3
18:35-19:35	FE-5	Physical Exercise (ARED)
19:15-19:30	CDR	Removal of test equipment used for Ku-band TV downlink (<i>after Progress 408 docking to DC1</i>)
19:25-19:30	FE-6	HAM Radio Power Up
19:30-20:05	FE-6	Pre-sleep
19:30-21:25	CDR, FE-3	Pre-sleep
19:30-21:30	FE-1, FE-2	Pre-sleep
19:35-21:30	FE-5	Pre-sleep
20:05-20:20	FE-6	Private Family Conference
20:20-21:25	FE-6	Pre-sleep
21:25-21:30	CDR, FE-3, FE-6	Reaction Self Test
21:30-21:50	FE-3	SLEEP
21:50-22:05	FE-3	Special Private Conference
21:30-06:00	CDR, FE-1, FE-2, FE-5, FE-6	SLEEP
22:05-06:00	FE-3	SLEEP
Task List	FE-2	Window Inspection

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 ops: dinner, daily food prep, evening toilet
 4. **Per EPS specialist recommendation do not perform TVIS Exercise from 11:00 to 18:00.**
- End of Radiogram