

Radiogram No. 1844u

Form 24 for 12/06/09

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:20	CDR	Nutrition and Repository Urine Sample Collection
06:00-06:15	FE-1	Morning Inspection
06:15-06:45	FE-1	Post-sleep
06:20-06:25	CDR	Nutrition: Insert Urine Sample into MELFI
06:25-06:35	CDR	Morning Inspection
06:35-07:05	CDR	Post-sleep
06:45-07:35	FE-1	BREAKFAST
07:05-07:55	CDR	BREAKFAST
07:55-08:00	CDR	Bisphosphonates Pill Ingestion
08:00-08:05	CDR	REACTION Self Test
10:30-11:30	CDR	Physical Exercise T 2
11:00-11:15	FE-1	Private Family Conference (<i>Ku+S-band</i>)
11:30-13:00	CDR	Physical Exercise (ARED)
11:30-13:00	FE-1	Physical Exercise (T2) day 1
13:00-14:00	.	LUNCH
14:00-14:20	CDR	Nutrition and Repository Urine Sample Collection
14:10-14:20	FE-1	Monitoring Secondary Purification Unit Temperature After Elektron Activation
14:20-14:25	CDR	Nutrition and Repository Urine Sample MELFI Insertion
14:20-14:50	FE-1	COЖ Maintenance. <i>SM and FGB Flush Counter (CП), Water Supply System (CBO), Potok Air Purification System Data Calldowns</i>
14:25-14:30	CDR	Disconnect LTL jumper from LAB1D6 rack after CDRA deactivation
14:50-15:05	FE-1	Soyuz 226 IRIDIUM Phone Charging Setup, Start Charge
15:15-15:20	FE-1	Soyuz 226 IRIDIUM Phone Charging Status Check
15:20-15:30	FE-1	Soyuz 226 IRIDIUM Phone Charging, Terminate Charge, Stow Telephone, Cleanup
15:50-16:10	FE-1	Life On The Station Video Footage Downlink (<i>Ku+S-band</i>)
17:00-18:00	FE-1	Physical Exercise (VELO), day 1
17:50-18:00	CDR	Nutrition and Repository - Equipment Configuration for Blood Draw
18:00-18:05	FE-1	Elektron-VM Aerosol Filter Inspection
18:20-18:25	CDR	VTR Tape Exchange
18:25-18:50	.	Evening Work Prep
18:50-19:05	.	Daily Planning Conference (<i>S-band</i>)
19:05-19:25	CDR	Evening Work Prep
19:05-19:30	FE-1	Evening Work Prep
19:25-19:30	CDR	REACTION Self Test
19:30-19:45	CDR	Pre-sleep
19:30-21:30	FE-1	Pre-sleep
19:45-20:00	CDR	Private Family Conference (<i>Ku+S-band</i>)

20:00-21:30	CDR	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-1	PLANTS-2. Payload Status Check
		SEINER World Ocean Observations
		ECON. Observations and Photography
		Life On ISS Video Recording

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