

Radiogram No. 3945u

Form 24 for 08/29/2010

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-07:30	CDR	Morning Inspection. Post-sleep. Breakfast
06:00-06:10	FE-2,FE-3, FE-4,FE-5	Morning Inspection
06:00-06:05	FE-6	REACTION Self Test
06:05-06:15	FE-6	Morning Inspection
06:10-06:40	FE-2,FE-3, FE-4,FE-5	Post-sleep
06:15-06:45	FE-6	Post-sleep
06:40-06:55	FE-2	BREAKFAST
06:40-07:30	FE-3, FE-4,FE-5	BREAKFAST
06:45-07:35	FE-6	BREAKFAST
06:55-07:10	FE-2	Private Family Conference
07:10-07:30	FE-2	BREAKFAST
08:50-09:50	FE-3	Physical Exercise (ARED)
08:50-09:50	FE-6	Physical Exercise (CEVIS)
09:15-09:30	FE-5	Private Family Conference (<i>Ku+S-band</i>)
09:50-11:20	FE-3	Physical Exercise (TVIS), Day 2
09:50-11:20	FE-6	Physical Exercise (ARED)
10:20-11:20	FE-2	Physical Exercise T 2
10:50-11:50	CDR	Physical Exercise (VELO), Day 1
11:20-11:30	FE-2	T2 Snubber Arm Inspection
11:30-13:00	FE-2	Physical Exercise (ARED)
12:00-12:15	CDR	Private Family Conference (<i>Ku+S-band</i>)
12:55-13:00	FE-3	On MCC Go ISS O2 repress from Progress 406 CpПК (start)
13:00-14:00	.	LUNCH
14:00-14:40	CDR	COЖ Maintenance. SM and FGB Flush Counter (CП), Water Supply System (CBO), Potok Air Purification System Data Calldowns
14:00-14:05	FE-3	ISS O2 repress from Progress 406 CpПК (terminate)
15:55-16:00	FE-4	Daily Diet Monitoring
16:00-17:30	FE-4	Physical Exercise (ARED)
16:00-17:30	FE-5	Physical Exercise (TVIS), Day 2
17:05-18:35	CDR	Physical Exercise (TVIS), Day 1
17:30-18:30	FE-4	Physical Exercise (CEVIS)
17:30-18:30	FE-5	Physical Exercise (ARED)
18:05-18:20	FE-6	ICV Monitoring End
18:35-18:40	FE-6	Daily Diet Monitoring
18:40-19:05	.	Evening Work Prep
19:05-19:30	.	Daily Planning Conference (<i>S-band</i>)
19:30-21:30	CDR,FE-2, FE-3,FE-5	Pre-sleep
19:30-20:35	FE-4	Pre-sleep

19:30-21:25	FE-6	Pre-sleep
20:35-20:50	FE-4	Private Family Conference
20:50-21:30	FE-4	Pre-sleep
21:25-21:30	FE-6	REACTION Self Test
21:30-06:00	.	SLEEP
Task List	FE-3	URAGAN. Observations and Photography
	CDR	SEINER World Ocean Observations
	CDR,FE-5	ECON. 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
 3. Pre-sleep ops: dinner, daily food prep, evening toilet
- End of Radiogram