

Radiogram No. 6353u

Form 24 for 10/18/07

**Joint Flight Day Six. LBNP Exercise**

TIME	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Prep for Work
07:55-08:10	ISS15, CDR-16, FE-1-16	Daily Planning Conference ( <i>S-band</i> )
08:00-09:00	SFPVC	Photo/video ops
08:10-08:25	CDR	AOK ГАНК-4M data readout
08:10-09:40	FE-2	Physical Exercise (RED)
08:10-10:10	CDR-16	SAME - hardware teardown
08:15-09:40	FE-1, FE-1-16	E15 to E16 Crew Handover
08:30-09:00	CDR	Photo/Video Ops Assistance
09:00-09:40	CDR	BIORISK. Tablet dismantling and transfer to Soyuz
09:15-09:25	SFPVC	Tagup with Consultants Team via VHF1
09:40-09:50	FE-1-16	AT-Space. Transfer of containers from KUBIK1 to BKT1 kit
09:40-10:00	CDR	BIOECOLOGY. Kit 10 removal from Bioecology Kit A03 and transfer to Soyuz
09:45-10:00	FE-1	MATRYOSHKA-R. Removal of СПД [Differential Pressure Indicator set] assemblies for return on Soyuz
09:50-10:00	FE-1-16	CONJUGATION. Replace cold packs in Biocont-T
10:00-10:30	SFPVC (assists)	ETD - Experiment Ops- Session 1
10:00-12:00	FE-1-16	ETD - Experiment Ops- Session 1. <i>Tagup (S-band)</i>
10:00-11:30	CDR, FE-1 (assists)	LBNP Exercise (FINAL) <b>To=10:41</b> <i>Tagup (VHF)</i>
10:10-13:10	CDR-16, FE-2	EVA tool config
11:10-11:15	SFPVC	ETD. Experiment Photography
11:30-13:00	FE-1, CDR (assists)	LBNP Exercise (FINAL) <b>To=12:14</b> <i>Tagup (VHF)</i>
12:00-13:00	FE-1-16	Physical Exercise (RED)
13:00-14:00	CDR, FE-1, FE-1-16, SFPVC	LUNCH
13:10-14:10	CDR-16, FE-2	LUNCH
14:00-18:00	FE-1-16	MATRYOSHKA. Dosimeter transfer from Soyuz to SM and set up in anthropomorphic phantom. <i>Tagup (S-band)</i>
14:00-17:45	FE-1	Stow return equipment in Soyuz
14:00-15:20	CDR	
14:10-14:20	FE-2	PAO hardware setup
14:20-14:30	FE-2, CDR-16	Crew prep for PAO
14:30-14:50	FE-2, CDR-16	PAO event ( <i>S + Ku-band</i> )
14:50-15:50	FE-2, CDR-16	Transfer list review during 10A flight
15:20-17:20	CDR	MATRYOSHKA. Dosimeter transfer from Soyuz to SM and set up in anthropomorphic phantom

15:35-15:50	SFPVC	VC13 HAM radio session
15:50-16:00	FE-2, CDR-16	CWC audit
16:00-17:00	FE-2	Physical Exercise (CEVIS)
16:00-17:00	CDR-16	Physical Exercise (TVIS)
17:00-17:10	SFPVC	Tagup with Consultants Team via VHF1
17:00-17:40	FE-2	COЖ maintenance
17:00-17:10	CDR-16	Nutrition: hardware setup
17:10-17:30	CDR-16	Nutrition - Hardware set up for urine collection
17:20-18:00	CDR	Microbial sample collection
17:30-17:50	CDR-16	IMS update
17:40-17:55	FE-2	Verify ИП-1 sensor installation / r/g 6286
17:45-18:30	FE-1	Physical Exercise (TVIS), day 3
17:50-18:45	CDR-16	Evening work prep
17:55-18:15	FE-2	ISS video tour
18:00-18:15	CDR	Evening work prep
18:00-18:10	FE-1-16	CONJUGATION. Replace cold packs in Biocont-T
18:10-18:15	SFPVC	MUSCLE-M (LOW BACK PAIN) -Lower Back Pain Questionnaire
18:15-19:15	SFPVC, FE-1-16	Evening work prep
18:15-18:40	FE-2	Evening work prep
18:15-19:15	CDR	Physical Exercise (TVIS), Day 4
18:30-19:15	FE-1	Evening work prep
18:40-18:45	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:45-19:15	CDR-16, FE-2	10A Shuttle prepack conference ( <i>S-band</i> )
19:15-19:40	ISS15, FE-1-16, CDR-16	Daily Food Prep
19:30-19:55	SFPVC	Daily Food Prep
19:40-19:55	ISS15, FE-1-16, CDR-16	Daily Planning Conference ( <i>S-band</i> )
19:55-20:30		DINNER
20:30-21:10	FE-1-16	Pre-sleep
20:30-20:40	FE-2	Pre-sleep
20:30-21:30	CDR, FE-1, CDR-16, SFPVC	Pre-sleep
20:40-20:55	FE-2	Private Family Conference ( <i>S + Ku-band</i> )
20:55-21:30	FE-2	Pre-sleep
21:10-21:30	FE-1-16	SONOCARD. Experiment (Start)
21:30-06:00	.	SLEEP
Task List	FE-1	GSF-JAXA. TBY temperature monitoring (in the morning) / r/g 5902
		On MCC GO ISS O2 repress from Progress 361 CpПK

**Note:** See OSTP for references to US activities.

End of Radiogram