

Radiogram No. 1187u

Form 24 for 01/05/2013

CREW OFF DUTY

| TIME | CREW | ACTIVITY |
|-------------|---|--|
| 06:00-06:05 | FE-4 | PLAZMENNIY KRISTALL. Pressure Check |
| 06:00-06:05 | FE-5 | Urine Spot Test |
| 06:00-06:10 | FE-1 | Morning Inspection RSS1, RSS2 Reboot, БПИ Temperature Check |
| 06:00-06:10 | FE-2 | Morning Inspection. Reboot Laptop RS2(1) |
| 06:00-06:10 | CDR | Morning Inspection |
| 06:05-06:10 | FE-5, FE-4 | Morning Inspection |
| 06:00-06:05 | FE-6 | ICV-3H – Battery Replacement |
| 06:05-06:10 | FE-6 | Urine Spot Test |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | CDR, FE-1 , FE-2 , FE-5, FE-6 | BREAKFAST |
| 06:40-07:30 | FE-4 | BREAKFAST. SM ПСС (Caution & Warning Panel) Test (after breakfast) |
| 07:30-10:30 | FE-1 | Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦБ2 Fan Cleaning Inspection of Air Conditioner БМП (Micropurification Unit) Fan Grille Cleaning |
| | FE-4 | Weekly Housekeeping Inspection and Cleaning of Auxiliary Computer System (BKC) Laptops |
| | FE-2 | Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E |
| 07:30-10:30 | CDR, FE-5 | Weekly Housekeeping |
| 07:30-09:00 | FE-6 | |
| 09:00-09:05 | FE-6 | ICV-3H – Battery Replacement |
| 09:05-10:35 | FE-6 | Physical Exercise (ARED) |
| 10:30-11:40 | FE-2 | Physical Exercise (ARED) |
| 10:30-12:00 | FE-1 | Physical Exercise (TVIS), Day 1 |
| 10:30-10:35 | CDR | CGBA Status Check and Maintenance |
| 10:30-11:30 | FE-4 | Physical Exercise (VELO), Day 4 |
| 10:35-11:35 | FE-6 | Physical Exercise (CEVIS) |
| 11:35-11:40 | FE-6 | ICV-3H – Battery Replacement |
| 11:40-13:05 | FE-6 | Weekly Housekeeping |
| 11:40-13:10 | CDR | Physical Exercise (ARED) |
| 12:10-12:25 | FE-2 | Private Family Conference (<i>Ku + S-band</i>) |
| 13:15-13:45 | | Weekly Planning Conference (<i>S-band</i>) |
| 13:45-14:45 | | LUNCH |
| 14:45-15:25 | FE-2 | COЖ Maintenance |

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| 14:45-14:55 | CDR | Food Frequency Questionnaire |
| 14:45-14:50 | FE-5, FE-6 | PROK Diet Logging (Day 2-4) |
| 14:55-15:00 | CDR | P/L Playback Start |
| 15:20-15:40 | FE-6 | ICV Ambulatory Monitoring Midpoint |
| 15:30-16:30 | FE-5 | Physical Exercise (CEVIS) |
| 15:40-16:00 | FE-6 | HRF Urine Collection |
| 16:30-16:45 | FE-5 | Private Family Conference |
| 16:45-17:45 | FE-1 | Physical Exercise (VELO), Day 1 |
| 16:45-18:00 | FE-2 | Physical Exercise (TVIS), Day 4 |
| 16:50-17:00 | CDR | JRNL. Questionnaire Data Entry |
| 17:20-18:50 | FE-5 | Physical Exercise (ARED) |
| 17:20-18:20 | CDR | Physical Exercise (CEVIS) |
| 17:55-19:25 | FE-4 | Physical Exercise (TVIS), Day 4 |
| 18:05-18:20 | FE-6 | Private Family Conference |
| 18:50-19:10 | FE-5 | HAM Radio Session |
| 19:00-19:05 | CDR | Payload Playback Stop |
| 19:25-21:25 | FE-4 | Pre-sleep |
| 19:30-21:30 | FE-1, FE-2, FE-5, CDR | |
| 19:30-21:25 | FE-6 | |
| 21:25-21:30 | FE-6 | REMINDER - Reading Reminder |
| 21:25-21:30 | FE-4 | PLAZMENNIY KRISTALL. Pressure Check |
| 21:30-06:00 | | SLEEP |
| Task List | FE-1, FE-2, FE-4 | URAGAN Observations and Photography |
| | | ECON-M. Observations and Photography |
| | | Preparation of reports for Roskosmos site |

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: daily food prep, dinner, pre-sleep
 4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
- End of Radiogram