

Radiogram No. 0189u

Form 24 for 09/09/2012

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-2, FE-4, FE-6	Morning Inspection
06:00-06:05	FE-3, FE-5	Urine Spot Test
06:05-06:10	FE-3	Morning Inspection
06:05-06:25	FE-5	HRF Urine Sample Collection Subject
06:10-06:40	CDR, FE-2, FE-4, FE-3, FE-6	Post-sleep
06:25-06:35	FE-5	HRF Urine Sample Insertion Into MELFI
06:35-06:40	FE-5	Morning Inspection
06:40-07:30	CDR	BREAKFAST. <i>SM ПСС [Caution & Warning Panel] Test (after breakfast)</i>
06:40-07:30	FE-2, FE-4, FE-3, FE-6	BREAKFAST
06:40-07:00	FE-5	Post-sleep
07:00-08:00	FE-5	BREAKFAST
08:30-08:40	FE-2	CASKAD. Manual Mixing in Bioreactor
08:40-08:50	FE-5	ISS HAM Radio Setup in Service Module
08:50-09:05	FE-5	ISS HAM Radio Session from SM
09:05-10:05	FE-5	Physical Exercise (T2)
10:15-11:30	CDR	Physical Exercise (ARED)
10:30-11:30	FE-2	Physical Exercise (VELO), Day 3
10:30-10:45	FE-4	Private Psychological Conference (<i>VHF</i>)
10:45-12:15	FE-4	Physical Exercise (TVIS), Day 4
11:30-13:00	FE-6	Physical Exercise (ARED)
12:20-13:00	CDR	Removing БКИПН screws and photography
12:35-12:55	FE-5	HRF Urine Sample Collection Subject
12:55-13:00	FE-5	HRF Urine Sample Insertion Into MELFI
13:00-14:00	CDR, FE-2, FE-4, FE-3, FE-5, FE-6	LUNCH
14:00-14:05	FE-3	PROK Diet Logging (Day 1)
14:00-14:40	FE-4	COЖ Maintenance. <i>SM and FGB SVO, Sanitary and Hygienic Equipment (СГО), СПКУ АСУ Counter, ПОТОК Air Purification System Data Calldowns</i>
14:00-14:05	FE-6	PROK – unstow urine kit
14:00-14:05	FE-5	PROK Diet Logging (Day 2-4)
14:40-14:55	FE-4	Private Family Conference (<i>S+Ku-band</i>)
15:00-15:30	CDR, FE-2, FE-4	TV Greetings Video-recording (downlink via РСПИ) / r/g 0206

15:10-16:00	FE-3	ICV Monitoring Prep
15:30-17:00	FE-5	Physical Exercise (ARED)
16:00-17:00	FE-3	Physical Exercise (T2)
16:05-17:05	FE-4	Physical Exercise (VELO), Day 4
17:00-18:00	CDR	Physical Exercise (T2)
17:00-18:30	FE-2	Physical Exercise (TVIS), Day 3
17:00-18:30	FE-3	Physical Exercise (ARED)
17:05-17:30	FE-6	EARQ Audiogram
17:30-18:30	FE-6	Physical Exercise (CEVIS)
17:55-18:05	FE-5	HRF Blood Collection Hardware Setup
18:00-18:15	CDR	Post-Exercise Hygiene Procedure
18:05-18:25	FE-5	HRF Urine Sample Collection Subject
18:25-18:30	FE-5	HRF Urine Sample Insertion Into MELFI
18:30-18:55		Daily Planning Conference (<i>S-band</i>)
19:00-19:30	CDR, FE-4, FE-3, FE-5, FE-6	Evening Work Prep
19:00-19:20	FE-2	Evening Work Prep
19:20-19:30	FE-2	CASKAD. Manual Mixing in Bioreactor
19:30-21:30	CDR, FE-2, FE-4	Pre-sleep
19:30-19:45	FE-3	Private Family Conference
19:45-21:45	FE-3	Pre-sleep
19:30-21:25	FE-5, FE-6	Pre-sleep
21:25-21:30	FE-3	BCAT Reminder
21:25-21:30	FE-5	REMINDER - Generic Blood Collection
21:25-21:30	FE-6	Controlled Diet Reminder reading
21:30-06:00		SLEEP
Task List	CDR, FE-2, FE-4	Preparation of reports for Roskosmos site
	CDR, FE-4	ECON Observations and Photography
		Photography of disaster area
	FE-4	MRM1_LB_206_1 area audit for installation of Sharovoi Fantom scientific experiment
	FE-2	SEINER Ocean Observations

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
- End of Radiogram