

Radiogram No. 3360u

Form 24 for 09/05/13

**LBNP Exercise (Preliminary)**

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. Laptop RS2(1) Reboot
06:00-06:10	FE-2	Morning Inspection. SM PCC (Caution & Warning Panel) Test
06:00-06:05	FE-3	PROK - Urine Sample Collection
06:00-06:15	FE-4	KHROMATOMASS. Experiment Setup
06:00-06:05	FE-5	REMINDER -PFE - Reading Reminder
06:00-06:10	FE-6	Morning Inspection
06:05-06:15	FE-3, FE-5	Morning Inspection
06:10-06:40	CDR, FE-2, FE-6	Post-sleep
06:15-06:40	FE-3, FE-5	Post-sleep
06:15-06:45	FE-4	KHROMATOMASS. Saliva and Blood Collection
06:40-07:30	CDR, FE-2, FE-3, FE-5, FE-6	BREAKFAST
06:45-06:55	FE-4	Morning Inspection. RSS1, RSS2 Reboot
06:55-07:15	FE-4	Post-sleep
07:15-07:50	FE-4	BREAKFAST
07:30-07:50	CDR, FE-2, FE-6	Work Prep
07:30-07:40	FE-3	
07:30-07:40	FE-5	On MCC Go ATV - ISS Pressurization with Oxygen (start)
07:40-07:50	FE-3	Collecting O2/CO2 Samples (in SM and Columbus)
07:40-07:50	FE-5	Work Prep
07:50-08:15		Daily Planning Conference ( <i>S-band</i> )
08:15-08:35	CDR	Crew Departure Prep
08:15-08:35	FE-2	MATRYOSHKA-R. Monitoring Tritel Readings
08:15-08:30	FE-4	KHROMATOMASS. Closeout Ops
08:15-08:25	FE-5	Work Prep
08:15-08:20	FE-6	Set up video equipment to record ARED exercise
08:20-08:30	FE-3	Formaldehyde Monitoring Kit (FMK) Stow Operations
08:20-08:55	FE-6	RST - Lens Replacement
08:25-08:45	FE-5	SPHERES - V/cameras and SSC Setup
08:30-08:50	FE-4	Work Prep
08:35-09:30	CDR, FE-2 assists	LBNP Exercise (PRELIMINARY) / <i>Tagup with specialists (VHF)</i>
08:35-09:30		
08:35-09:35	FE-3	Physical Exercise (CEVIS)

08:50-09:00	<b>FE-4</b>	MAI-75. Hardware Setup and Activation. <i>Tagup with specialists (S-band)</i>
08:55-09:05	FE-6	MSPR Experiment Laptop Terminal (ELT) Setup
08:55-09:10	FE-5	SPHERES - Review
09:00-09:10	<b>FE-4</b>	MAI-75. Hardware Activation and Monitoring. <i>Tagup with specialists (S-band)</i>
09:10-09:15	<b>FE-4</b>	Photo/TV Camcorder Setup Verification
09:10-09:20	FE-5	SPHERES - Session Monitoring
09:15-10:40	<b>FE-4</b>	ARED Exercise
09:20-09:35	FE-5	SPHERES - Payload Conference
09:25-09:30	FE-6	SODF Deploy
09:30-10:10	<b>CDR</b>	Crew Departure Prep
09:30-10:00	<b>FE-2</b>	MEMBRANA. Setup and Start Experiment with Kit 2. Turn on Mode 2. <i>Tagup with specialists (S-band)</i>
09:35-10:25	FE-3	SPHERES - Cameras Setup
09:35-10:40	FE-5	SPHERES - Cameras Setup
09:50-11:20	FE-6	Periodic Fitness Evaluation - Nom Ops (subject)
10:00-10:10	<b>FE-2</b>	BRI Log Dump from RSS1
10:10-11:05	<b>FE-2, CDR assists</b>	LBNP Exercise (PRELIMINARY) / <i>Tagup with specialists (VHF)</i>
10:10-11:05		
10:25-10:55	FE-3	Periodic Fitness Evaluation -NOM OPS (assistance)
10:40-10:50	<b>FE-4</b>	MAI-75. Hardware Activation and Monitoring. <i>Tagup with specialists (S-band)</i>
10:40-13:30	FE-5	SPHERES - Session Monitoring
10:50-11:00	<b>FE-4</b>	MAI-75. Equipment Deactivation and Cleanup
10:55-11:55	FE-3	SPHERES - Session Monitoring
11:05-12:05	<b>FE-2</b>	Loading disposal hardware to TK 708
11:05-12:30	<b>CDR</b>	TK 708 Stowage Ops
11:15-12:45	<b>FE-4</b>	Cycle Ergometer B5-3M Generator Replacement
11:25-11:30	FE-6	Photo/TV Camcorder Setup Verification
11:30-12:55	FE-6	ARED Exercise
12:15-12:45	<b>FE-2</b>	Crew Departure Prep
12:35-12:45	<b>CDR</b>	OBSTANOVKA. Download of Obstanovka P/L Data from БСПН to RSS1 (start)
12:45-13:00	<b>CDR, FE-2, FE-3, FE-4</b>	ISS Crew and ГОУ (RSA Flight Control Team Management) Weekly Conference ( <i>S-band</i> )
13:00-14:00	<b>CDR, FE-3, FE-4</b>	LUNCH
13:00-13:05	<b>FE-2</b>	MEMBRANA. Activate Heating Mode
13:05-14:05	<b>FE-2</b>	LUNCH
13:20-13:35	FE-6	IMS and Stowage Conference
13:30-14:30	FE-5	LUNCH
13:35-14:35	FE-6	LUNCH

14:00-16:35	<b>CDR</b>	TK 708 Stowage Ops
14:00-14:10	FE-3	PROK Diet Logging (Day 1)
14:00-14:30	<b>FE-4</b>	Changeout of CPBK-2M purification column assembly [БКО]. <b>Install No. 1202057 (CM1PO_1_134_1, 00057348R)). Discard the removed unit. Reflect changes in IMS</b>
14:05-15:05	<b>FE-2</b>	Loading Disposable Hardware to TK 708
14:20-14:30	FE-3	RWS Powerdown in Cupola
14:30-14:40	FE-3	PAO Hardware Setup
14:30-14:50	FE-5	SPHERES Closeout
14:30-15:10	<b>FE-4</b>	COЖ Maintenance <b>On MCC Go</b> Filling ЕДВ (KOB)
14:35-14:50	FE-6	RST - Checkout (Preparation)
14:40-14:50	FE-3	Crew Prep for PAO
14:50-15:10	FE-5	SPHERES - SSC Relocation
14:50-15:10	FE-3	PAO Event
15:00-16:10	FE-6	GHF - Measuring Resistance of Heating Elements
15:05-15:35	<b>FE-2</b>	Crew Departure Prep
15:10-16:35	FE-3	ARED Exercise
15:10-15:30	<b>FE-4</b>	Photography of Removable Cassette Container [CKK] No. 9
15:25-15:35	FE-5	<b>On MCC Go</b> ATV - ISS Pressurization with Oxygen (terminate)
15:30-16:30	<b>FE-4</b>	СКПФ1, СКПФ2 Dust Filter Replacement and MRM1 ГЖТ Cleaning ( <b>ФГБ1ПГО_2_226_1, bag 417-32 (00059604R)). Reflect changes in IMS.</b>
15:35-16:35	<b>FE-2</b>	БД-2 Exercise, Day 4
15:55-17:05	FE-5	Periodic Fitness Evaluation - Nom Ops (subject)
16:15-16:20	FE-6	RST - Prep for Deactivation
16:20-16:50	FE-6	Periodic Fitness Evaluation -NOM OPS (assistance)
16:30-17:10	<b>FE-4</b>	IDENTIFIKATSIYA. Copy ИМУ-Ц micro-accelerometer data to laptop
16:35-16:45	<b>CDR</b>	OBSTANOVKA. Download of Obstanovka P/L Data from БСПН to RSS1 (termination)
16:35-18:20	FE-3	Remove and Replace Air Selector Valve (ASV) in Node 3
16:35-17:35	<b>FE-2</b>	<b>On MCC Go</b> Transfer urine From ЕДВ-Y to ATV Tank
16:45-17:45	<b>CDR</b>	T2 Exercise, Day 1
16:50-18:00	FE-6	ASIAN SEED - Closeout Ops
17:05-17:10	FE-5	Photo/TV Camcorder Setup Verification
17:10-17:35	<b>FE-4</b>	MATRYOSHKA-R. Monitoring Lulin-5 readings
17:10-18:35	FE-5	ARED Exercise
17:35-17:55	<b>FE-2</b>	MEMBRANA. Remove capsules from thermostat and stow. <i>Tagup with specialists (S-band)</i>
17:35-18:35	<b>FE-4</b>	БД-2 Exercise, Day 4
17:45-18:15	<b>CDR</b>	VZAIMODEISTVIYE. Experiment Ops
17:55-18:15	<b>FE-2</b>	MEMBRANA. Hardware Removal and Stowage

18:00-18:05	FE-6	ASIAN SEED - Start Replay
18:10-18:35	FE-6	Columbus Deck Rack Front cleanup from stowage items
18:15-18:40	<b>CDR, FE-2</b>	Evening Work Prep
18:20-18:30	FE-3	CIR - Hardware Setup
18:30-18:40	FE-3	Collecting O2/CO2 Samples (in SM and Columbus)
18:35-18:40	FE-5	Stow Video Equipment Used for ARED Exercise Video
18:35-18:40	FE-6	ASIAN SEED - End Playback and Power off Camcorder
18:40-19:05		Daily Planning Conference ( <i>S-band</i> )
19:05-19:30		Evening Work Prep
19:30-20:35		Pre-sleep
20:35-20:55		ISS Crew / Program management conference ( <i>S-band</i> )
20:55-21:30	<b>CDR, FE-2, FE-3, FE-4, FE-5</b>	Pre-sleep
20:55-21:25	FE-6	Pre-sleep
21:25-21:30	FE-6	Reading REMINDER
21:30-06:00		SLEEP
<b>Task List</b>	<b>CDR, FE-2</b>	Personal Data Prep on SSC for Crew Return
	<b>CDR, FE-2, FE-4</b>	URAGAN. Observations and Photography
		ECON-M. Observations and Photography
		Preparation of reports for Roskosmos site
	<b>FE-4</b>	IMS Update

**Notes:**

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
  2. See OSTPV 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
  5. **No HAM radio to be used: 08:50-11:00 (GMT)**
- End of Radiogram