

Radiogram No. 3396u

Form 24 for 09/08/2013

LBNP EXERCISE. CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. Laptop RS2(1) Reboot
06:00-06:10	FE-2	Morning Inspection. RSS1, RSS2 Reboot
06:00-06:10	FE-4	Morning Inspection
06:00-06:05	FE-3	PROK - Urine Sample Collection
06:00-06:05	FE-5	Reaction Self Test
06:00-06:05	FE-6	Reaction Self Test
06:05-06:25	FE-3	HRF Urine Sample Collection and Scanning
06:05-06:10	FE-5,FE-6	Morning Inspection
06:10-06:40	CDR, FE-2, FE-4, FE-5, FE-6	Post-sleep
06:25-06:30	FE-3	HRF - MELFI Sample Insertion
06:30-06:40	FE-3	Morning Inspection
06:40-07:30	CDR, FE-2, FE-5, FE-6	BREAKFAST
06:40-07:30	FE-4	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (after breakfast)
06:40-07:10	FE-3	Post-sleep
07:10-08:00	FE-3	BREAKFAST
08:45-09:45	FE-5	CEVIS Exercise
08:50-10:20	CDR, FE-2 assists	LBNP exercise (FINAL) / <i>Tagup with specialists (VHF)</i>
08:50-10:20		
09:45-11:15	FE-5	ARED Exercise
10:15-10:30	FE-4	Private Family Conference (<i>Ku + S-band</i>)
10:15-11:15	FE-3	T2 Exercise
10:20-11:50	CDR assists, FE-2	LBNP exercise (FINAL) / <i>Tagup with specialists (VHF)</i>
10:20-11:50		
10:30-11:30	FE-6	CEVIS Exercise
11:15-11:30	FE-3	Private Medical Conference
11:15-11:55	FE-5	EHS – Onboard Water Treatment
11:30-13:00	FE-6	ARED Exercise
11:55-12:00	FE-4	PAO Hardware Setup
12:00-12:10	CDR, FE-2, FE-4	Crew Prep for PAO
12:10-12:35	CDR, FE-2, FE-4	TV PAO with Representatives of Election Committee regarding participation in Moscow Region Gubernatorial and Moscow Mayoral elections (<i>Ku + S-band</i>)
12:35-12:55	FE-3	HRF Urine Sample Collection and Scanning

12:50-13:00	FE-2	MATRESHKA-R. Lyulin-5 memory card preparation for return
12:55-13:00	FE-3	HRF - Sample MELFI Insertion
13:00-14:00		LUNCH
14:00-14:05	FE-3	PROK - Diet Log
14:00-14:40	FE-4	COЖ Maintenance. SM and FGB SVO, Sanitary and Hygienic Equipment (CГО), СПКУ ACY Counter, POTOK Air Purification System Data Calldowns
14:00-14:40	FE-2	Microbial Sample Collection
14:00-15:00	CDR	TK 708 Return Stowage Ops
14:40-15:00	FE-2	MO-21 Prep. ECOSFERA Battery Charge
15:10-15:25	FE-6	Private Family Conference
15:30-17:00	FE-4	БД-2 Exercise, Day 3
16:05-17:35	FE-3	ARED Exercise
16:50-17:05	FE-5	Private Family Conference
17:00-18:00	FE-4	VELO Exercise, Day 3
17:35-18:35	FE-2	БД-2 Exercise, Day 3
17:35-18:35	CDR	ARED Exercise
18:00-18:10	FE-3	HRF - Hardware Setup
18:10-18:30	FE-3	HRF Urine Sample Collection and Scanning
18:25-18:35	FE-5	O2/CO2 Sampling
18:30-18:35	FE-3	HRF - MELFI Sample Insertion
18:35-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:25	FE-3, FE-5, FE-6	Evening Work Prep
19:00-19:30	CDR, FE-2, FE-4	Evening Work Prep
19:25-21:25	FE-3, FE-5, FE-6	Pre-sleep
19:30-21:30	CDR, FE-2, FE-4	Pre-sleep
21:25-21:30	FE-3	Reading REMINDER
21:25-21:30	FE-6	Reaction Self Test
21:25-21:30	FE-5	Reaction Self Test
21:30-06:00		SLEEP
Task List	CDR, FE-2, FE-4	ECON-M. Observations and Photography
		URAGAN. Observations and Photography
		Preparation of reports for Roskosmos site
Task List	CDR, FE-2	Personal Data Prep on SSC for Crew Return

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