

Radiogram 1193u Form 24 for 01.06.2013

Crew Off-duty

GMT	Crew	Activity
06:00-06:10	FE-1	Morning Inspection Reboot RSS1, RSS2, БПИ Temperature Check
06:00-06:05	FE-6	Urine Spot Check
06:00-06:10	CDR	Morning Inspection
06:00-06:10	FE-2	Morning Inspection. Reboot Laptop RS2(1)
06:00-06:05	FE-4	PLAZMENNIY KRISTALL. Pressure check
06:00-06:05	FE-5	Urine Spot Check
06:05-06:25	FE-6	HRF – urine samples collection, subject
06:05-06:15	FE-4,FE-5	Morning Inspection
06:10-06:40	FE-1,FE-2, CDR	Post-sleep
06:15-06:45	FE-4,FE-5	Post-sleep
06:25-06:35	FE-6	HRF- placing urine samples into MELFI
06:35-06:45	FE-6	Morning Inspection
06:40-07:30	CDR, FE-2	BREAKFAST
06:40-07:30	FE-1	BREAKFAST SM ПСС (Caution & Warning Panel) Test (after breakfast)
06:45-07:35	FE-4,FE-5	BREAKFAST
06:45-07:15	FE-6	Post-sleep
07:15-08:05	FE-6	BREAKFAST
08:30-10:00	FE-5	Physical Exercise ARED
09:15-10:30	FE-1	Physical Exercise TVIS-2
10:00-11:00	FE-5	Physical Exercise T2
10:00-11:30	FE-6	Physical Exercise ARED
10:30-11:30	CDR	Physical Exercise CEVIS

10:30-12:00	FE-4	Physical Exercise TVIS – Day 1
11:30-13:00	CDR	Physical Exercise ARED
12:00-13:00	FE-2	Physical Exercise VELO - Day 1
12:35-12:55	FE-6	HRF – urine sample collection, subject
12:55-13:00	FE-6	HRF- placing urine samples into MELFI
13:00-14:00	.	LUNCH
14:00-14:05	FE-5,FE-6	PROK - diet data collection(days 2-4)
14:10-14:25	FE-1	Private Family Conference(<i>S+Ku-band</i>)
14:45-15:15	CDR	WRC – CWC-I fill, part1
14:50-15:30	FE-1	COЖ Maintenance. Downlink CBO, CГO data, СПКУ АСУ counter, YOB Potok in SM and FGB
15:30-17:00	FE-2	Physical Exercise TVIS – Day 1
15:30-15:45	CDR	WRC – CWC-I fill, part 2
15:40-15:55	FE-6	ICV- stop monitoring and closeout ops
15:55-16:55	FE-6	ICV-data copy and upload
16:15-16:30	CDR	WRC – CWC-I fill, part 3
17:00-18:00	FE-4	Physical Exercise VELO – Day 1
17:20-18:35	FE-1	Physical Exercise ARED
17:25-17:40	FE-6	ICV – data downlink
17:40-18:40	FE-6	Physical Exercise T2
18:20-18:35	FE-5	HRF – install HRF equipment for blood sample collection
19:00-19:15	CDR	Private Family Conference
19:05-19:25	FE-6	HRF - urine samples collection, subject
19:25-19:30	FE-6	Placement of urine samples into MELFI
19:30-21:25	FE-4 ,FE-5, FE-6	Pre-sleep
19:30-21:30	CDR, FE-1 , FE-2	Pre-sleep
21:25-21:30	FE-5	REMINDER- read reminder
21:25-21:30	FE-6	Reminder regarding blood samples
21:25-21:30	FE-4	PLAZMENNIIY KRISTALL. Pressure check
21:30-06:00	.	SLEEP
Task List	FE-1,FE-2, FE-4	URAGAN. Observation and photography
		Report prep for Roskosmos site
		ECON-M. Observation and photography

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 members: use of USOS exercise equipment strictly per F24 or OSTPV**
- End of Radiogram