

r/g 4956u

Form 24 for 12/26/2010

**REST**

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1,FE-2	Morning Inspection
06:00-06:05	FE-5	PROCK. PH Urine Test
	FE-4	Elektron-VM Aerosol Filter Inspection
06:00-06:20	FE-6	HRF. Urine Sample Collection
06:05-06:10	FE-4,FE-5	Morning Inspection
06:10-06:40	CDR,FE-1,FE-2,FE-4,FE-5	Post-sleep
06:20-06:30	FE-6	HRF – Urine Sample Insertion into MELFI
06:30-07:00		Post-sleep
06:40-07:30	CDR,FE-1,FE-2,FE-4,FE-5	Breakfast
07:00-07:50	FE-6	Breakfast
09:00-10:30		Physical Exercise ARED
	FE-1	Physical Exercise TVIS-2
10:30-11:30	FE-2	Physical Exercise ARED
10:30-12:00	FE-4	Physical Exercise TVIS-3
10:30-11:30	CDR	Physical Exercise T2
	FE-6	Physical Exercise CEVIS
11:30-13:00	CDR	Physical Exercise ARED
12:00-13:00	FE-5	Physical Exercise CEVIS
	FE-4	Physical Exercise VELO-3
12:35-12:55	FE-6	HRF. Urine Sample Collection
12:55-13:00		HRF - Urine Sample Insertion into MELFI
13:00-14:00		Lunch
14:00-14:05	FE-5	PROK. Diet Logging
14:00-14:40	FE-1	COЖ Maintenance. <b>Data Downlink CП, CBO, YOB "Potok" SM and FGB</b>
14:00-14:10	CDR	BCAT5. Battery Changeout
14:10-14:30		BCAT5 – Camera Check Without SSC
14:05-14:20	FE-5	MELFI – Portable Computer Stow
15:00-15:05	CDR	SSC Files Server Reboot
15:15-15:20		ISS Server Router Reboot
15:20-15:25		OCA SSC Router Reboot
15:30-16:30	FE-1	Physical Exercise VELO-2
15:30-15:45	FE-5	PFC
16:30-18:00	FE-2	Physical Exercise TVIS-2
17:00-18:30	FE-5	Physical Exercise ARED
18:05-18:25	FE-6	HRF. Urine Sample Collection
18:25-18:30		HRF - Urine Sample Insertion into MELFI
18:30-18:40		HRF – Blood Sample Collection Hardware Configure

18:30-18:35	<b>FE-4</b>	Elektron-VM Aerosol Filter Inspection
18:30-18:40	<b>FE-1</b>	"BAR". "Kelvin" Charge (start)
18:40-18:55		Evening Work Prep
18:55-19:20		Daily Planning Conference ( <i>S-band</i> )
19:20-19:30		Evening Work Prep
19:30-21:30		Pre-sleep
21:30-06:00		Sleep
<b>Task List</b>	<b>FE-1</b>	SEYNER. World Ocean Research
	<b>FE-2</b>	URAGAN. Observation and Photography
	<b>FE-1,FE-2</b>	EKON. 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 / dinner, daily food prep, evening toilet

End of Radiogram