

Radiogram No. 3962u

Form 24 for 08/31/2010

PROGRESS 406 UNDOCKING FROM SM [AO].

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-3, FE-5	Morning Inspection
06:00-06:15	FE-2, FE-4, FE-6	Sample Collection
06:10-06:40	CDR, FE-3, FE-5	Post-sleep
06:15-06:25	FE-4	MELFI Sample Insertion
06:15-06:55	FE-2, FE-6	Post-sleep
06:25-07:05	FE-4	Post-sleep
06:40-07:30	CDR, FE-3, FE-5	BREAKFAST
06:55-07:45	FE-2, FE-6	BREAKFAST
07:05-07:55	FE-4	BREAKFAST
07:30-07:40	FE-3	BAR Terminate Kelvin-video charging, start charging TTM-2
07:30-07:50	CDR, FE-5	Work Prep
07:40-08:00	FE-3	Work Prep
07:45-07:55	FE-6	Work Prep
07:50-08:00	FE-2	PHS Evaluation Setup
07:55-08:00	FE-6	HAM Radio Deactivation
08:00-08:25		Daily Planning Conference (<i>S-band</i>)
08:25-08:55	FE-2	Periodic Health Status - Subject
08:25-08:40	CDR	On MCC GO БМП Φ2 Absorption Cartridge Regeneration (start)
08:25-08:45	FE-4	Work Prep
08:25-08:55	FE-6	Periodic Health Status - Assistance
08:30-10:00	FE-3	Physical Exercise (TVIS), Day 4
08:40-09:55	CDR	PNEUMOCARD Experiment
08:45-08:55	FE-4	Portable PFS power on and a 45-minute warm-up
08:50-09:00	FE-5	Set up video equipment to record ARED exercise
08:55-09:05	FE-4	USOS Window Shutter Close
08:55-09:20	FE-2	Periodic Health Status (PHS) Data Logging. Stowage
09:00-10:00	FE-5	Physical Exercise (ARED)
09:20-09:30	FE-2	CIR Align Guide Installation Prep
09:30-09:50	FE-2	Manual Flow Control Valve (MFCV) positioning marks reapplication
09:40-11:30	FE-4	VO2 Protocol Preparation
09:50-10:20	FE-2	CCAA Swapover
10:00-11:00	FE-6	Physical Exercise T 2
10:00-11:30	CDR	Physical Exercise (TVIS), Day 3
10:00-11:00	FE-3	Physical Exercise (ARED)
10:10-11:00	FE-5	FGB Dust Collector ПС1, ПС2 Filter Replacement (Location ФГБ1ПГО_2_224_1 bag #358-9 or #367-20. Discard the removed unit. Update IMS)
10:20-10:30	FE-2	SDRM Powerup

10:30-11:45	FE-2	SLEEP. Battery Swap/Data Download & Initialization
11:00-11:30	FE-6	BIORHYTHM Preparation and Recording
11:00-11:05	FE-3	Stow Video Equipment Used for ARED Exercise Video
11:10-11:40	FE-3	КЛ-154M TV camera test during Progress 406 undocking.Data Recording
11:15-11:25	FE-5	Photography of Progres 406 Docking Assembly
11:30-12:15	FE-4	VO2max Experiment Protocol Recording
11:30-13:00	FE-5	Physical Fitness Evaluation (on treadmill)
11:30-13:00	FE-6	Physical Exercise (ARED)
11:45-11:50	FE-2	Relocation of the MWA in support of the Biolab HM Photo Session
11:50-12:00	FE-2	Water Recovery System Recycle Filter Tank Assembly (RFTA) R&R
12:00-12:10	FE-3	BAR TTM-2 Charge Terminate
12:00-12:10	FE-2, CDR	Remove WHC Kabin for Water Recovery System (WRS) Recycle Filter Tank Assembly (RFTA) access
12:10-12:40	FE-2	Water Recovery System Recycle Filter Tank Assembly (RFTA) R&R
12:15-12:30	FE-4	VO2 - Thermolab Data Transfer to Portable PFS, Disconnect and Stow Thermolab Equipment
12:30-12:50	FE-4	SDTO T2 Harness Reconfiguration
12:40-13:00	FE-2, CDR	In Flight Maintenance (IFM) Kabin Installation
12:45-12:55	FE-3	VHF1 comm session with ISS crew during RGS 21 AOS
13:00-13:05	FE-4	VO2max Data Downlink
13:00-13:10	FE-2	Water Recovery System Recycle - Stow Filter Tank Assembly
13:10-14:10	.	LUNCH
14:10-14:15	FE-3	Switch ПpК-TK PEV to CLOSED position
14:10-15:40	FE-5	Cleaning ГЖТ4 (Gas-Liquid Heat Exchanger) BT-7 Fan Screen
14:10-14:50	CDR	COЖ Maintenance
14:10-14:55	FE-4	VO2max MBS Stowage
14:20-14:30	FE-3	VHF2 comm session with ISS crew during RGS 21 AOS
14:20-15:05	FE-6	Reconfigure LAB stowage for FSS operations
14:30-14:35	FE-2	VCA2 Camera Adjustment
14:35-15:05	FE-2	Biolab HM Arm Photosession
14:50-15:05	CDR	Private Medical Conference (<i>Ku+S-band</i>)
14:55-15:45	FE-4	VO2. PPFS Conclude
15:05-15:30	CDR	БЖ (Liquid Unit) capsule repress with N2 from БПА-M Nitrogen Purge Unit
15:05-16:50	FE-6	Setting up FSS in the Lab
15:10-15:25	FE-2	Private Medical Conference
15:25-15:50	FE-2	Environmental Health System (EHS) CSA-CP Calibration
15:45-15:50	FE-4	Daily Diet Monitoring
15:50-17:50	CDR, FE-3, FE-5	ISS-24/ISS-25 Crew Handover
15:55-17:25	FE-4	Physical Exercise (ARED)
15:55-16:00	FE-2	SDRM-EXP Powerdown
16:15-17:15	FE-2	Physical Exercise T 2
16:50-17:50	FE-6	Fluid Servicing System (FSS) Refill

17:15-17:25	FE-2	T2 Snubber Arm Inspection
17:25-18:55	FE-2	Physical Exercise (ARED)
17:25-17:35	FE-4	SDTO T2 Harness Setup
17:35-18:35	FE-4	Physical Exercise T 2
17:50-18:50	CDR	Physical Exercise (TVIS)
17:50-18:05	FE-3	Private Medical Conference (<i>Ku+S-band</i>)
18:05-18:20	FE-5	Private Medical Conference (<i>Ku+S-band</i>)
18:05-18:25	FE-3	IMS Update
18:10-18:15	FE-6	Daily Diet Monitoring
18:15-18:20	FE-6	HAM Radio Power Up
18:20-19:10	FE-5, FE-6	Evening Work Prep
18:25-19:10	FE-3	Evening Work Prep
18:35-18:45	FE-4	SDTO T2 Harness Data Downlink
18:45-18:55	FE-4	SDTO T2 Inspection
18:55-19:10	FE-4	PFS MBS Stowage
18:55-19:10	FE-2	Evening Work Prep
18:55-19:10	CDR	Pre-sleep
19:10-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-21:15	CDR	Pre-sleep
19:30-19:35	FE-2	MPC Power Up
19:30-21:30	FE-3, FE-4, FE-5, FE-6	Pre-sleep
19:35-21:25	FE-2	Pre-sleep
21:15-21:30	CDR	БМП Φ2 Absorption Cartridge Regeneration (termination)
21:25-21:30	FE-2	MPC Power Down
21:30-06:00	.	SLEEP

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