

Radiogram No. 3489nu

Form 24 for 07/03/2010 (**Updated**)**OFF-DUTY**

GMT	CREW	ACTIVITY
11:00-11:05	CDR	Plasma Crystal-3 Plus. Activate ПK-3 PLUS Experiment Box Turbo-Pump
11:00-11:10	FE-2, FE-3	Morning Inspection
11:00-11:05	FE-4	REACTION Self Test
11:00-11:05	FE-5	Elektron-VM Aerosol Filter Inspection
11:00-11:10	FE-6	ICV 10-minute Resting Event
11:05-11:10	CDR, FE-4, FE-5	Morning Inspection
11:10-11:40	CDR, FE-2, FE-3 , FE-4, FE-5	Post-sleep
11:10-11:15	FE-6	ICV Battery Replacement
11:15-11:20	FE-6	REACTION Self Test
11:20-11:25	FE-6	PRO K Urine Test
11:25-11:45	FE-6	HRF Urine Sample Collection Subject
11:40-12:25	CDR	BREAKFAST
11:40-12:00	FE-2	BREAKFAST
11:40-12:30	FE-3 , FE-4, FE-5 , FE-6	BREAKFAST
11:45-11:50	FE-6	HRF - Urine Sample Insertion Into MELF1
11:50-12:00	FE-6	HRF- Refrigerated Centrifuge Setup
12:00-12:15	FE-2	HRF Blood Draw Operator
12:00-12:20	FE-6	HRF Blood Sample Draw Subject
12:15-12:45	FE-2	BREAKFAST
12:20-12:30	FE-6	Post-sleep
12:30-13:10	FE-5	COЖ Maintenance
12:30-12:40	FE-6	HRF Refrigerated Centrifuge Configuration
12:40-13:10	FE-6	BREAKFAST
13:00-13:15	FE-3	Private Family Conference (<i>Ku+S-band</i>)
13:10-13:20	FE-5	Cleaning Potok-150MK Air Purification System Pre-filters in SM and FGB / (<i>Use vacuum cleaner and narrow slit nozzle attachment; POTOK must be powered down</i>)
13:10-13:15	FE-6	HRF Refrigerated Centrifuge Closeout Ops
13:15-13:25	FE-6	HRF Blood Sample Insertion into MELFI
13:25-13:55	.	Weekly Planning Conference (<i>S-band</i>)
13:55-14:00	FE-6	ICV Battery Replacement
14:00-15:30	FE-4	Physical Exercise (ARED)
14:00-15:30	FE-6	Physical Exercise (CEVIS)
14:15-15:15	FE-2	Physical Exercise T2
15:15-15:20	FE-2	T2 Snubber Arm Inspection
15:20-15:30	FE-2	SOLO: Insertion of PCBA pouches into MELFI
15:30-16:30	CDR, FE-2,	LUNCH

	FE-4, FE-5 , FE-6	
15:40-16:40	FE-3	LUNCH
16:30-16:45	FE-6	Private Family Conference
16:45-17:05	FE-6	HRF - Stow Urine Collection Equipment
16:55-17:55	FE-3	Physical Exercise (CEVIS)
16:55-18:25	FE-5	Physical Exercise (TVIS), Day 1
17:00-18:00	CDR	Physical Exercise (ARED)
17:05-17:20	FE-6	HRF - Stow Blood Collection Hardware
17:20-17:25	FE-6	PRO K - Photography
17:25-17:30	FE-6	ICV Battery Replacement
17:45-18:00	FE-2	Food Frequency Questionnaire
17:55-19:25	FE-3	Physical Exercise (TVIS), Day 1
18:00-19:30	CDR	Physical Exercise (CEVIS)
18:00-19:30	FE-2	Physical Exercise (ARED)
18:00-18:15	FE-4	Food Frequency Questionnaire
18:15-19:15	FE-4	Physical Exercise T2
18:25-19:25	FE-5	Physical Exercise (VELO), Day 1
19:15-19:20	FE-4	T2 Snubber Arm Inspection
19:20-19:25	FE-4	OCA SSC Router Reboot
19:25-19:30	FE-3	On MCC Go ISS O2 Repress from Progress 405 CpПК (start)
19:25-19:30	FE-4	SSC File Server Reboot
19:25-19:30	FE-5	Elektron-VM Aerosol Filter Inspection
19:30-20:55	FE-6	Pre-sleep
19:30-21:30	FE-2, FE-5	Pre-sleep
19:30-21:25	CDR , FE-4	Pre-sleep
19:30-20:10	FE-3	Pre-sleep
20:10-20:15	FE-3	ISS O2 Repress from Progress 405 CpПК (terminate)
20:15-21:25	FE-3	Pre-sleep
20:55-21:15	FE-6	ICV Ambulatory Monitoring Midpoint
21:15-21:25	FE-6	Pre-sleep
21:25-21:30	FE-6	REACTION Self Test
21:25-21:30	CDR	PLASMA CRYSTAL-3 PLUS. Deactivate ПК-3 PLUS Electronics Box Turbo-Pump
21:25-21:30	FE-4	REACTION Self Test
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