

Radiogram No. 4076u

Form 24 for 11/22/2013

TORU OBT. Routine Ops with SM Audio Subsystem [CTTC]. PCE Tect 1

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. SM ПСС (Caution & Warning Panel) Test
06:00-06:10	FE-2	Morning Inspection. Laptop RS1(2) Reboot RSS1,2 Reboot
06:00-06:10	FE-4	Morning Inspection
06:00-06:10	FE-5	HRF Sample Collection
06:00-06:05	FE-6	Reaction Self Test
06:00-06:05	FE-3	PROK - Urine Sample Collection
06:05-06:10	FE-3	REMINDER – reading reminders
06:05-06:10	FE-6	REMINDER - observe experiment procedure
06:10-06:40	CDR, FE-2, FE-4, FE-6	Post-sleep
06:10-06:30	FE-3	HRF Urine Sample Collection
06:10-06:15	FE-5	HRF - Urine Sample Insertion Into MELFI
06:15-06:30	FE-5	Morning Inspection
06:30-06:35	FE-3	HRF - MELFI Sample Insertion
06:30-06:40	FE-5	HRF - Blood Sample Draw and Photography
06:35-06:40	FE-3	Post-sleep
06:40-07:15	CDR, FE-2, FE-4, FE-6	BREAKFAST
06:40-07:15	FE-3	HRF Blood Draw
06:40-06:50	FE-5	Post-sleep
06:50-06:55	FE-5	HRF Blood Sample Draw and Photography
06:55-07:15	FE-5	Post-sleep
07:15-07:30		Daily Planning Conference (<i>S-band</i>)
07:30-07:35	FE-3	
07:30-07:45	CDR, FE-2, FE-4, FE-5, FE-6	ISS crew and ГОУ (RSA Flight Control Management Team) weekly conference (<i>S-band</i>)
07:35-07:45	FE-3	HRF - Centrifuge Configuration
07:45-08:05	CDR, FE-2, FE-4	Work Prep
07:45-08:15	FE-3	Post-sleep
07:45-08:05	FE-6	BREAKFAST
07:45-08:20	FE-5	BREAKFAST
08:05-08:35	FE-6	Work Prep
08:20-08:25	FE-5	HRF Sampling Ops Photography
08:15-08:20	FE-3	HRF - Sample removal and centrifuge deactivation
08:20-08:25	FE-3	HRF - Urine Sample Insertion Into MELFI

08:25-09:05	FE-3	BREAKFAST
08:25-08:35	FE-5	PFE Video Setup
08:30-08:45	CDR, FE-2, FE-4	IMS Tagup (<i>S-band</i>)
08:35-10:05	FE-5	Periodic Fitness Evaluation - Nom Ops (subject)
08:35-09:10	FE-6	CRHYT - Closeout Ops
08:45-11:45	CDR, FE-4	TORU OBT. <i>Tagup with specialists (S-band)</i>
08:45-09:45	FE-2	CKПФ1, CKПФ2 Dust Filter Replacement (FGB1PGO 4 419 1, 28B Area Enclosure) Cancel in IMS and MRM1 ГЖТ Cleaning
09:05-09:10	FE-3	Ultrasound 2 HRF Rack 1 Activation
09:10-09:40	FE-3	Periodic Fitness Evaluation - Nom Ops (assistance)
09:10-09:20	FE-6	SCOF Cables Connection
09:30-09:45	FE-6	Camera Test Setup
09:40-09:50	FE-3	BREAKFAST
09:45-11:15	FE-2	ARED Exercise
09:45-10:05	FE-6	Camera Test Setup (part 2)
09:50-09:55	FE-3	Work Prep
09:55-10:10	FE-3	HRF Blood Collection Hardware Stowage
10:05-10:15	FE-5	Stowage of Equipment Used for PFE Video Shoot
10:10-11:15	FE-3	OH - Ocular Health and Cardiac Operations
10:15-10:35	FE-5	EXPRESS Rack 8 Laptop HDD R&R
10:20-10:25	FE-6	ANISO - Container Retrieval from MELFI
10:25-10:35	FE-6	ANISO - Light Treatment
10:35-11:20	FE-5	-EXPRESS Rack 8 Laptop SW load
10:35-11:00	FE-6	OH - Assistance in performing cardiac scan and blood pressure measurement
11:00-11:05	FE-6	SHD - Weekly Questionnaire
11:10-11:20	FE-6	CRHYT - Closeout Ops
11:20-12:50	FE-6	ARED Exercise
11:20-11:35	FE-5	EXPRS8 - Sequential Network Data Flow Monitor SW load
11:35-12:00	FE-2	On-orbit Hearing Assessment using EARQ
11:35-11:55	FE-5	EMCS - Laptop Software Load
11:40-11:45	FE-3	SHD - Weekly Questionnaire
11:45-11:55	FE-3	Ultrasound Scan - Prep
11:45-12:25	CDR	COЖ Maintenance
11:45-13:15	FE-4	БД-2 Exercise, Day 1
11:55-12:35	FE-3	Ultrasound Scan - Subject
11:55-12:35	FE-5	Ultrasound Scan - Operator
12:00-12:50	FE-2	MATRYOSHKA-R BUBBLE-dosimeter gathering and readings. <i>Tagup with specialists as necessary (S-band)</i>
12:35-12:45	FE-3	Ultrasound Data Export

12:35-12:55	FE-5	GLACIER3 - Payload Application Load
12:40-12:55	CDR	MATRYOSHKAR. Photography of the Experiment Ops
12:45-12:50	FE-3	Retrieval of Radi-N dosimeters from deployed locations
12:50-12:55	FE-2	MATRYOSHKAR. Handover of BUBBLE-dosimeters from USOS. <i>Tagup with specialists as necessary (S-band)</i>
12:50-13:50	FE-6	LUNCH
12:50-12:55	FE-3	RADIN - Hardware Handover to the Russian Crew
12:55-13:55	FE-5	LUNCH
12:55-13:20	CDR	On-orbit Hearing Assessment using EARQ
12:55-13:20	FE-2	MATRYOSHKAR BUBBLE-dosimeter gathering and readings. <i>Tagup with specialists as necessary (S-band)</i>
12:55-13:00	FE-3	Ultrasound Scanning - Closeout Ops
13:00-14:00	FE-3	LUNCH
13:20-14:20	CDR, FE-2, FE-4	LUNCH
13:50-16:30	FE-6	SPRINT - Experiment Ops
14:00-14:10	FE-3	PROK - Diet Logfile and PH Logsheet Photography
14:10-14:30	FE-3	HRF - Stow Urine Collection Equipment
14:10-14:15	FE-5	SHD - Weekly Questionnaire
14:15-14:35	FE-5	SPRINT-GUIDE - Assistance with placing reference marks
14:20-17:20	FE-2, FE-4	Comm Subsystem [CTTC] routine maintenance (LF path, Comm Panels, and VHF receiver c/o). Head Set Audit. <i>Tagup with specialists (S-band)</i>
14:20-15:20	CDR	AOK ГАНК-4М gas analyzer checkout. <i>Tagup with specialists as necessary (S-band)</i>
14:35-15:35	FE-5	Crew time for ISS adaptation and orientation
15:25-15:45	CDR	IMS Update
15:30-15:45	FE-3	Inventory and Cargo Placement Conference
15:35-17:05	FE-5	ARED Exercise
15:45-16:45	CDR	VELO Exercise, Day 1
16:05-17:05	FE-3	T2 Exercise
16:45-18:15	CDR	БД-2 Exercise, Day 1
16:50-17:10	FE-6	4K Camera Data Downlink – start
17:05-18:35	FE-3	ARED Exercise
17:10-18:10	FE-6	T2 Exercise
17:20-18:20	FE-4	VELO Exercise, Day 1
17:20-17:45	FE-2	Evening Work Prep
17:45-18:45	FE-2	БД-2 Exercise, Day 4
18:00-18:30	FE-5	Evening Work Prep
18:10-18:20	FE-6	4K JAXA Camera Playback - end
18:15-18:45	CDR	Evening Work Prep
18:20-18:45	FE-4	Evening Work Prep

18:20-18:30	FE-6	ANISO - Sample Insertion
18:30-18:45	FE-6	USND2- Close-out Ops and Stowage
18:30-18:40	FE-5	TDRS 172 - Voice Check
18:35-18:45	FE-3	Evening Work Prep
18:45-19:10		Daily Planning Conference (<i>S-band</i>)
19:10-19:30		Flight Director/ISS Crew Tagup
19:30-19:50		ISS Crew / Program management conference
19:50-21:25	FE-6	Pre-sleep
19:50-21:30	CDR, FE-2, FE-3, FE-4, FE-5	Pre-sleep
21:25-21:30	FE-6	Reaction Self Test
21:30-06:00		SLEEP
Task List	CDR, FE-2, FE-4	ECON-M. Observations and Photography
		URAGAN Observations and Photography
		Video for Roscosmos TV Studio
		Preparation of reports for Roscosmos site
	FE-2	Penguin-3M Suit with CIH – test wear

Note:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. Pre-sleep ops: daily food prep, dinner, pre-sleep
 3. See OSTP for references to US activities.
 4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
- End of Radiogram