

Radiogram No. 0024u

Form 24 for 04/10/2009

Adaptation on the Station. The PNEUMOCARD Experiment

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:20	FE-1	Hematocrit. Hematocrit test
06:10-06:30	CDR	Post-sleep
06:10-06:20	FE-2	
06:20-06:45	FE-1	
06:20-06:30	FE-2	Hematocrit. Hematocrit test
06:30-06:40	CDR	
06:30-06:45	FE-2	Private Family Conference (<i>S + Ku-band</i>)
06:40-06:45	CDR	Hematocrit. Equipment stow
06:45-07:25		BREAKFAST
07:25-07:40		Daily Planning Conference (<i>S-band</i>)
07:40-08:25	FE-1	EMU cooling loop scrub (start)
07:40-08:10	CDR	Prep for Work
07:40-08:20	FE-2	JAXA: Commercial Activity
08:10-08:25	CDR	IMS tagup (<i>S-band</i>)
08:25-08:40		ISS Crew and ГОГУ (RSA Flight Control Team) Weekly Conference (<i>S-band</i>)
08:40-09:00	FE-2	Prep for Work
08:40-08:50	CDR	Radio bridge with participants from Ulyanovsk VACO Soyuz Branch(<i>S-band</i>)
08:40-09:15	FE-1	Prep for Work
08:50-09:20	CDR	Bracelet questionnaire
09:00-09:15	FE-2	Potable Water Dispenser (PWD) - Iodinated Ambient Flush
09:15-09:20	FE-1	BCAT-4 Camera checkout
09:15-09:30	FE-2	JAXA. JAXA. Session 2 Closeout
09:20-10:35	CDR	PNEUMOCARD. Experiment ops. <i>Tagup with specialists (S-band)</i>
09:20-09:35	FE-1	Food Frequency Questionnaire
09:30-11:00	FE-2	Physical Exercise (ARED)
09:35-10:20	FE-1	EMU cooling loop reconfig
10:30-11:30		Physical Exercise (CEVIS)
10:35-12:05	CDR	Physical Exercise (TVIS), day 3
11:00-11:15	FE-2	ARED: Flywheel Cylinder Removal
11:15-11:25		ARED: Guide Rail inspection
11:25-12:00		Scheduled Maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
11:30-13:00	FE-1	Physical Exercise (ARED)
12:05-13:05	CDR	SVO-ZV Replacement
12:45-13:00	FE-2	Food Frequency Questionnaire
13:00-13:05	FE-1	VOA power down
13:05-13:20		Conference with Russian News Service Radio Station (<i>S-band</i>)

13:20-14:20		LUNCH
14:20-16:20		Emergency egress drill (<i>S-band</i>)
16:20-16:35		Crew Conference with Astronaut Office management (<i>S-band</i>)
16:35-17:35	CDR	Physical Exercise (VELO), day 3
16:35-16:55	FE-2	IMS Update
16:35-17:35	FE-1	Crew time for ISS adaptation and orientation
16:55-17:35	FE-2	COX Maintenance
17:35-18:35		Physical Exercise (TVIS)
17:35-17:45	CDR	BRI log dump from RSS1
17:35-18:05	FE-1	EMU cooling loop scrub (terminate)
17:45-18:45	CDR	Crew time for ISS adaptation and orientation
18:05-18:15	FE-1	Nutrition and Repository: equipment configuration for blood sample collection
18:15-18:35		Nutrition and Repository: equipment setup for urine sample collection
18:35-18:40	FE-2	TVIS Weekly Maintenance
18:35-18:50	FE-1	Evening Work Prep
18:40-18:55	FE-2	
18:45-18:55	CDR	Evening Work Prep
18:50-18:55	FE-1	Transfer TVIS, CEVIS, and HRM data to MEC
18:55-19:10		Daily Planning Conference (<i>S-band</i>)
19:10-19:25		Pre-sleep ops
19:25-19:45		Flight Director / ISS Crew Tagup (<i>Ku + S-band</i>)
19:45-21:30		Pre-sleep ops
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, pre-sleep)

End of Radiogram