

Radiogram No. 5028u

Form 24 for 03/08/2014

LBNP Exercise

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. Laptop RS1(2) Reboot
06:00-06:10	FE-2	Morning Inspection. RSS1,2 Reboot
06:00-06:05	FE-3	Reading REMINDER
06:00-06:10	FE-4, FE-5, FE-6	Morning Inspection
06:05-06:25	FE-3	HRF Urine Sample Collection
06:10-06:40	CDR, FE-2, FE-4, FE-5, FE-6	Post-sleep
06:25-06:30	FE-3	HRF - Urine Sample Insertion Into MELFI
06:30-06:45	FE-3	HRF Saliva Sample Collection
06:40-07:30	CDR, FE-2, FE-5, FE-6	BREAKFAST
06:40-07:30	FE-4	BREAKFAST. SM ПСС (Caution & Warning Panel) Test
06:45-06:50	FE-3	HRF - Urine Sample Insertion Into MELFI
06:50-06:55	FE-3	Morning Inspection
06:55-07:10	FE-3	Post-sleep
07:10-07:30	FE-3	BREAKFAST
07:30-10:30	FE-3, FE-5	Weekly Housekeeping
07:30-08:30	FE-6	Weekly Housekeeping
08:30-09:15	FE-4	MATRYOSHKA-R. Removal of ИД3-ISS from starboard CQ Protective Screen
08:30-08:35	FE-6	JAXA - Video Camera Setup
08:35-08:55	FE-6	JAXA - Taking Video in Cupola Part 10
08:55-09:20	FE-6	Removal of Area dosimeters prior to handover to RS for packing in TK 710
09:00-09:15	FE-2	REGENERATSIYA-1. Container transfers to TK 710
09:00-10:00	CDR	Crew Departure Prep
09:15-09:45	FE-2	MATRYOSHKA-R. Transfer of PADLE Detectors and Handover for Return
09:15-09:30	FE-4	MATRYOSHKA-R. Photos of Handover
09:20-09:25	FE-6	JAXA Video End
09:25-11:25	FE-6	Weekly Housekeeping
09:40-10:40	FE-4	VELO Exercise, Day 3
09:45-10:15	FE-2	Crew Departure Prep
10:00-10:15	CDR	Private Family Conference (<i>Ku + S-band</i>)
10:30-10:35	FE-3	CGBA - Status Check and Monitor Cleaning
10:30-11:30	FE-5	T2 Exercise
10:35-12:05	FE-3	ARED Exercise

10:40-12:10	CDR, FE-2-assists	LBNP Exercise (FINAL). <i>Tagup with specialists</i>
10:45-11:00	FE-4	Private Family Conference (<i>Ku + S-band</i>)
11:00-13:40	FE-4	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB LJB2 Fan Cleaning Inspection of Air Conditioner Cleaning БМП (Micropurification Unit) fan grille
12:05-12:25	FE-3	HRF Urine Sample Collection
12:05-12:10	FE-6	JAXA - Video Camera Setup
12:10-13:40	FE-2, CDR-assists	LBNP Exercise (FINAL). <i>Tagup with specialists</i>
12:10-13:40	FE-5	ARED Exercise
12:10-12:25	FE-6	MIDGE - water drain
12:25-12:30	FE-3	HRF - MELFI Sample Insertion
12:25-13:25	FE-6	T2 Exercise
12:30-12:45	FE-3	Private Medical Conference
12:45-12:55	FE-3	HAM - Procedure review
12:55-13:05	FE-3	Procedure Walkthrough Conference
13:20-13:40	FE-3	HAM - Video test
13:25-13:50	FE-6	JAXA - Taking Video in Cupola Part 10
13:40-14:40	CDR, FE-2, FE-3, FE-4, FE-5	LUNCH
13:50-14:50	FE-6	LUNCH
14:40-14:50	FE-3, FE-5	Food Frequency Questionnaire
14:40-15:20	FE-4	COЖ Maintenance
14:40-16:40	CDR	Equipment Pre-pack for return in TK 710
14:50-15:10	FE-3	HRF Urine Sample Collection
14:50-15:00	FE-6	Food Frequency Questionnaire
14:50-15:05	FE-2	Private Family Conference (<i>Ku + S-band</i>)
15:00-15:15	FE-6	NANO - Closeout Ops
15:10-15:15	FE-3	HRF - Urine Sample Insertion Into MELFI
15:15-15:25	FE-6	JAXA - VIDEO Closeout
15:20-16:05	FE-2, FE-4	Video for Roscosmos TV Studio
15:25-15:35	FE-6	MIDGE - Fixation 1
15:40-15:55	FE-3	Private Family Conference
16:05-16:45	FE-2	Microbial Monitoring of the Environment (Sampling for Kit 1)
16:15-17:45	FE-4	БД-2 Exercise, Day 3
16:45-17:15	FE-2	Crew Departure Prep
17:05-17:20	CDR	TK 710 IRIDIUM Phone Charging - Setup, Initiate Charging
17:15-17:30	FE-6	MDCA - Session Overview

17:20-17:30	FE-3	PAO Hardware Setup
17:30-18:30	FE-2	БД-2 Exercise, Day 2
17:30-17:35	CDR	TK 710 IRIDIUM Phone Charging - Battery Status
17:30-17:40	FE-3, FE-5, FE-6	Crew Prep for PAO
17:35-17:45	CDR	TK 710 IRIDIUM Phone Charging - Terminate Charge
17:40-18:00	FE-3, FE-5, FE-6	PAO Event
17:45-17:55	FE-4	TK 711 IRIDIUM Phone Charging - Initiate Charge
18:00-18:20	FE-3	HRF Urine Sample Collection
18:00-19:30	FE-6	ARED Exercise
18:00-18:15	FE-5	Journal Entry
18:10-18:15	FE-4	TK 711 IRIDIUM Phone Charging - Battery Status Check
18:15-18:30	FE-4	TK 711 IRIDIUM Phone Recharge, Terminate Charge, Teardown of the setup
18:20-18:25	FE-3	HRF - MELFI Sample Insertion
18:30-19:30	FE-3	CEVIS Exercise
18:30-19:30	CDR	БД-2 Exercise, Day 3
19:10-19:30	FE-2	MO-21 Prep. Ecosfera battery charge
19:30-21:30	CDR, FE-2, FE-4, FE-5	Pre-sleep
19:30-21:30	FE-6	Pre-sleep
19:30-21:25	FE-3	Pre-sleep
21:15-21:20	FE-6	Reading REMINDER
21:25-21:30	FE-3	Reading REMINDER
21:30-06:00		SLEEP
Task List	CDR, FE-2, FE-4	Preparation of reports for Roscosmos site
	FE-4	ECON-M. Observations and Photography

Notes:

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 OSTPV for references to US activities.
4. Russian crew uses US exercise equipment strictly per F24 or OSTPV