

Radiogram No. 8282u

Form 24 for 08/03/08

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	FE-2	Nutrition and Repository - urine sampling
07:50-08:00		Nutrition and Repository - insertion of first urine samples into MELFI
08:00-09:30		Physical Exercise (RED)
09:30-10:30		Physical Exercise (CEVIS)
10:30-11:30	FE-1	Physical Exercise (CEVIS)
10:45-11:00	CDR	Private Psychological Conference (<i>VHF</i>)
11:00-11:20	FE-2	Nutrition and Repository - urine sampling
11:20-11:25		Nutrition and Repository - urine sample MELFI insertion
11:30-13:00	CDR	Physical Exercise (VELO+RED), day 3
12:20-12:35	FE-1	Private Psychological Conference (<i>VHF</i>)
12:35-12:50	FE-2	Private psychological conference (<i>Ku + S-band</i>)
13:00-14:00	.	LUNCH
14:15-14:35	FE-2	Nutrition and Repository - urine sampling
14:35-14:40		Nutrition and Repository - urine sample MELFI insertion
14:40-17:40		Weekly Housekeeping
15:00-15:40	CDR	COЖ Maintenance (<i>Water Supply System, flushes (CП), and POTOK Air Purification System data calldowns</i>)
15:40-16:00		Private Family Conference (<i>Ku + S-band</i>)
15:45-17:15	FE-1	Physical Exercise (VELO+RED), day 3
17:15-18:15	CDR	Physical Exercise (CEVIS)
17:50-18:10	FE-2	Nutrition and Repository - urine sampling
18:10-18:15		Nutrition and Repository - urine sample MELFI insertion
18:15-19:00	.	Evening Work Prep
19:00-19:15		Daily Planning Conference (<i>S-band</i>)
19:15-19:30		Evening Work Prep
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	ECON. Observations and photography
	FE-1	URAGAN. Observations and photography
		DIATOMEA. World Ocean Observations
		PLANTS-2. Payload Status Check

Note

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
 2. See OSTP for references to US activities.
- End of Radiogram