

Radiogram No. 1776u

Form 24 for 03/12/2013

KOX1 Test. LBNP Exercise

TIME	CREW	ACTIVITY
06:00-06:10	CDR, FE-5, FE-6	Morning Inspection
06:00-06:10	FE-1	Morning Inspection. Testing SM ПСС
06:00-06:15	FE-2	KHROMATOMASS. Prep for the Experiment
06:00-06:10	FE-4	Morning Inspection. Rebooting RS2(1) Rebooting RSS1, 2
06:10-06:40	CDR, FE-1, FE-4 , FE-5, FE-6	Post-sleep
06:15-06:45	FE-2	KHROMATOMASS. Saliva and Blood Collection
06:40-07:30	CDR, FE-1, FE-4 , FE-5, FE-6	BREAKFAST
06:45-07:15	FE-2	Post-sleep
07:15-08:00	FE-2	BREAKFAST
07:30-07:50	CDR	ISS- HAM radio session
07:30-08:00	FE-1, FE-4	Work Prep
07:30-08:00	FE-5	Work Prep
07:30-07:40	FE-6	Laptop Deactivation for ROBO Ops
07:40-07:50	FE-6	Work Prep
07:50-08:00	CDR	Work Prep
07:50-08:00	FE-6	MELFI - Sample Insertion
08:00-08:25		Daily Planning Conference (<i>S-band</i>)
08:25-09:55	CDR	SPHERES - Setup and Record
08:25-12:25	FE-4	Pumping Urine from EDV-U to TKГ 417 Rodnik Water 5B2 Tank
08:25-09:15	FE-5	CRU – CRUISE Procedure Ops
08:25-08:40	FE-2	KHROMATOMASS. Closeout Ops
08:30-09:30	FE-1	Crew Departure Prep
08:35-08:50	FE-6	EHS Air Quality Monitoring (AQM) Start
08:40-08:55	FE-2	Post-sleep
08:50-10:20	FE-6	Physical Exercise (ARED)
08:55-09:15	FE-2	Work Prep
09:15-10:15	FE-2	Crew Departure Prep
09:15-11:05	FE-5	CRU - CRUISE Procedure Ops
09:55-10:55	CDR	Physical Exercise T2
10:10-11:20	FE-1	TK 707 Stowage Ops
10:20-10:45	FE-6	WRM Condensate Pumping Start
10:40-11:20	FE-2	COЖ Maintenance
10:50-11:05	FE-6	SMPL. Sample Transfer Review

10:55-12:25	CDR	Physical Exercise (ARED)
11:05-11:35	FE-5, FE-6	MELF/GLCR - Transfers
11:20-12:50	FE-1, FE-2 assists	LBNP Exercise (FINAL). <i>Tagup with specialists (S-band)</i>
11:35-11:50	FE-5	CSLM2 Vacuum Vent Stop
11:50-12:30	FE-6	BRIC - C and D Actuation
12:00-12:20	FE-5	HRF1 - Setup and Activation of SLAMMD Hardware
12:20-12:35	FE-5	HRF1 - Hardware Setup and Run
12:25-12:40	CDR	Private Medical Conference
12:25-13:40	FE-4	Physical Exercise (ARED)
12:35-12:50	FE-5	CSLM2 - Vacuum Vent Start
12:40-13:40	CDR, FE-6	LUNCH
12:50-13:50	FE-5	LUNCH
12:50-14:20	FE-2, FE-1 assists	LBNP Exercise (FINAL). <i>Tagup with specialists (S-band)</i>
13:40-13:50	CDR	HRF1 - Body Mass Measurement.
13:40-14:40	FE-4	LUNCH
13:40-13:50	FE-6	PAO Hardware Setup
13:50-14:00	CDR, FE-5, FE-6	Crew Prep for PAO
14:00-14:20	CDR, FE-5, FE-6	PAO Event
14:20-17:20	CDR	SPHERES - Camera Setup and Video Recording
14:20-15:20	FE-1, FE-2	LUNCH
14:20-14:50	FE-5	WHC Fill
14:20-14:30	FE-6	HRF1 - Body Mass Measurement
14:30-14:35	FE-6	EHS - Air Quality Monitor (AQM) End
14:35-15:20	FE-6	Scheduled Maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
14:40-15:30	FE-4	MATRYOSHKA-R BUBBLE-dosimeter gathering and readings. <i>Tagup with specialists (S-band)</i>
14:50-15:00	FE-5	HRF1 - Body Mass Measurement.
15:00-15:20	FE-5	HRF1 Hardware Stowage
15:20-15:35	FE-1	Private Medical Conference (<i>Ku + S-band</i>)
15:20-15:35	FE-2	CONSTANTA. Transfer form SM to TK for return. <i>Tagup with specialists (as necessary) (S-band)</i>
15:20-15:45	FE-5	Handover of Radi-N dosimeters
15:20-15:45	FE-6	WRM Condensate Pumping Terminate
15:30-15:35	FE-4	MATRYOSHKA-R. Handover of BUBBLE-dosimeters from USOS
15:35-15:50	FE-2	Private Medical Conference (<i>Ku + S-band</i>)
15:35-16:20	FE-4	MATRYOSHKA-R. BUBBLE-Dosimeter Retrieval And Readout
15:45-16:45	FE-5	Physical Exercise (CEVIS)

15:50-16:30	FE-2	Microbial Sample Collection
16:00-16:40	FE-6	T2 – Quarterly Inspection
16:10-17:35	FE-1	TK 707 Stowage Ops
16:20-16:35	FE-4	Private Medical Conference (<i>Ku + S-band</i>)
16:30-17:30	FE-2	Physical Exercise (TVIS), Day 2
16:35-16:55	FE-4	Flushing TKF 417 BB1 Tank Line
16:40-16:55	FE-6	Treadmill T2 Monthly Inspection
16:45-18:15	FE-5	Physical Exercise (ARED)
16:55-17:15	FE-4	IMS Update
16:55-17:55	FE-6	Physical Exercise T2
17:15-18:30	FE-4	Physical Exercise (VELO), Day 2
17:20-17:45	CDR	SPHERES - Data Export from USB Drive
17:30-17:50	FE-2	MO-21 Prep. Ecosphere Battery Charge
17:35-17:50	FE-1	TK 707 ACY Activation
17:50-18:50	FE-2	Life On The Station Photo and Video
17:50-18:05	FE-1	Evening Work Prep
17:55-18:05	CDR	CBTD - Photography
17:55-18:25	FE-6	CBTD - Tray 3 Ops
18:05-19:05	FE-1	Physical Exercise (TVIS), Day 3
18:05-19:05	CDR	Crew Departure Prep
18:15-18:50	FE-5	Evening Work Prep
18:25-18:40	FE-6	JRNL - Journal Entry
18:30-18:50	FE-4	MATRYOSHKA-R. Pre-pack Lulin-5 P/L memory card for return
18:40-19:05	FE-6	Evening Work Prep
18:50-19:05	FE-2, FE-4	Evening Work Prep
18:50-19:05	FE-5	CSLM2 Vacuum Vent Stop
19:05-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-19:35	CDR	P/TV Playback Start
19:30-20:05	FE-5	Pre-sleep
19:30-21:30	FE-1, FE-2, FE-4	Pre-sleep
19:30-21:00	FE-6	Pre-sleep
19:35-21:25	CDR	Pre-sleep
20:05-20:20	FE-5	CSLM2 - Vacuum Vent Start
20:20-20:40	FE-5	Crew Conference with CSA
20:40-21:30	FE-5	Pre-sleep
21:00-21:10	FE-6	Cupola Window Shutter Close
21:10-21:30	FE-6	Pre-sleep
21:25-21:30	CDR	P/TV Playback Stop
21:30-06:00		SLEEP

Task List	FE-2, FE-4	Search for missing Elektron-VM Equipment
	FE-4	URAGAN Observations and Photography
		ECON-M. Observations and Photography
	FE-1, FE-2, FE-4	Preparation of reports for Roskosmos site

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: daily food prep, dinner, pre-sleep
 4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
- End of Radiogram