

Radiogram No. 4696nu Form 24 for 11/23/2010 **UPDATED**
LBNP Exercise. SM Ventilation System Preventive Maintenance

| GMT | CREW | ACTIVITY |
|-------------|--------------------------------|--|
| 06:00-06:10 | FE-2, FE-5 | Morning Inspection |
| 06:00-06:05 | FE-3 | SLEEP Data Log Entry |
| 06:00-06:05 | FE-1 | Elektron-VM Aerosol Filter Inspection |
| 06:00-06:05 | CDR, FE-6 | Integrated Immune Liquid Saliva Sample Collection |
| 06:05-06:10 | FE-1, FE-3 | Morning Inspection |
| 06:05-06:10 | CDR, FE-6 | SLEEP Data Log Entry |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 07:30-07:55 | | Daily Planning Conference (<i>S-band</i>) |
| 07:55-08:15 | FE-1, FE-2, FE-3, FE-5 | Work Prep |
| 07:55-08:05 | FE-6 | Work Prep |
| 07:55-08:05 | CDR | Total Organic Carbon Analyzer (TOCA) Buffer Container (BC) Changeout |
| 08:05-08:10 | CDR | TOCA Buffer Container Changeout |
| 08:05-08:20 | FE-6 | HRF Blood Collection Hardware Stowage |
| 08:10-08:20 | CDR | TOCA Fluid Line Priming With Water |
| 08:15-09:30 | FE-2 | PNEUMOCARD. Experiment Ops. <i>Tagup with specialists (S-band)</i> |
| 08:15-08:25 | FE-3 | Battery Stowage Assembly (BSA) Battery Recharge Terminate |
| 08:15-08:30 | FE-1 | On MCC GO БМП Φ2 Absorption Cartridge Regeneration (start) |
| 08:20-08:30 | CDR | TOCA Water Sample Analysis |
| 08:20-08:25 | FE-6 | PRO K Diet Logfile & pH Logsheet Photography |
| 08:25-10:25 | FE-3, FE-6 | DOUG Software Review |
| 08:30-10:00 | FE-5, FE-1 (assists) | LBNP Exercise (FINAL). <i>Tagup with specialists (VHF)</i> |
| 08:30-10:05 | CDR | Coolant Sampling From Moderate Temperature Loop |
| 09:35-10:15 | FE-2 | COЖ Maintenance |
| 10:00-12:30 | FE-5 | Stow return equipment in Soyuz 229 |
| 10:00-10:40 | FE-1 | Sampling condensate water [KAB] upstream of CPB-K2M Gas-Liquid Mixture Filter [ΦГC]- Sampler Removal |
| 10:05-10:20 | CDR | Private Medical Conference |
| 10:15-10:55 | FE-2 | IDENTIFICATION. Copy ИМУ-Ц micro-accelerometer data to laptop |
| 10:20-11:20 | CDR | Physical Exercise T 2 |
| 10:25-10:40 | FE-6 | Private Medical Conference |
| 10:25-11:55 | FE-3 | Physical Exercise (ARED) |
| 10:40-11:00 | FE-1 | Sampling condensate water [KAB] upstream of БКО CPB-K2M - setup, sampler bag installation |
| 10:55-11:55 | FE-6 | Physical Exercise (CEVIS) |
| 10:55-11:15 | FE-2 | Cleaning БД1 and БД2 Air Ducts in MRM2 |
| 11:00-12:00 | FE-1 | Physical Exercise (VELO), Day 1 |
| 11:15-12:45 | FE-2 | Physical Exercise (TVIS), Day 1 |

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| 11:20-12:20 | CDR | Crew Departure Prep |
| 11:55-13:20 | FE-6 | Physical Exercise (ARED) |
| 11:55-12:00 | FE-3 | EHS TOCA Sample Data Recording |
| 12:00-13:15 | FE-3 | WRS Sample Collection |
| 12:00-12:10 | FE-1 | Sampling condensate water [KAB] upstream of CPB-K2M БКО – sampler changeout |
| 12:20-13:20 | CDR | Hardware Prepack for Return on 23S |
| 12:30-13:00 | FE-5 | Crew Departure Prep |
| 12:30-12:40 | FE-1 | TVIS Weekly Maintenance |
| 12:40-13:00 | FE-1 | Tightening Quick Release Screw Clamps on MRM1-FGB Interface |
| 12:55-13:00 | FE-2 | On MCC GO ISS O2 Repress from Progress 407 CpПК (start) |
| 13:00-14:00 | FE-1, FE-2, FE-5 | LUNCH |
| 13:25-14:25 | CDR, FE-3, FE-6 | LUNCH |
| 14:00-14:20 | FE-1 | SVO-ZV water sampling to Russian drink bags <i>(Use drink bags CM1PO_436_1, БПК recess. Food waste bag CM1ПпК_3, bag 00050778R or 00050773R)</i> |
| 14:00-14:05 | FE-2 | ISS O2 Repress from Progress 407 CpПК (terminate) |
| 14:00-14:40 | FE-5 | Microbial sample collection <i>(with Potok Air Purification System turned off)</i> |
| 14:05-15:10 | FE-2 | SM Ventilation System Preventive Maintenance. Group A |
| 14:20-14:50 | FE-1 | Water sampling to bags from БПК-М (HOT, WARM vlv) <i>(Use drink bags CM1PO_436_1, БПК recess. Food waste bag CM1ПпК_3, bag 00050778R or 00050773R)</i> |
| 14:25-14:45 | FE-6 | HRF Urine Collection Hardware Stowage |
| 14:40-14:50 | FE-3 | HRF Blood Collection Hardware Setup |
| 14:45-16:10 | FE-6 | Crew Departure Prep |
| 14:50-15:10 | FE-1 | ИК0501Gas Analyzer O2 readings adjustments. <i>Tagup with specialists (S-band)</i> |
| 14:50-15:10 | FE-3 | HRF Hardware Setup for Urine Collection |
| 14:55-15:10 | FE-5 | Private Medical Conference <i>(Ku+S-band)</i> |
| 15:10-16:10 | FE-1, FE-2, FE-3 | Emergency Roles and Responsibilities Review |
| 15:10-15:30 | FE-5 | IMS Update |
| 15:20-15:30 | CDR | TOCA Potable Water Dispenser (PWD) Sample Analysis |
| 15:30-15:50 | CDR | WMK In-Flight Water Processing |
| 15:30-16:30 | FE-5 | Physical Exercise (ARED) |
| 15:50-16:00 | CDR | EHS Water Reclamation |
| 16:00-16:10 | CDR | PAO Hardware Setup |
| 16:10-16:30 | FE-1 | Sampling condensate water [KAB] upstream of CPB-K2M БКО – remove sampler, disassemble config, discard |
| 16:10-17:05 | FE-2 | SM Ventilation System Preventive Maintenance. Group A |
| 16:10-16:20 | CDR, FE-3, FE-6 | Crew Prep for PAO |
| 16:20-16:40 | CDR, FE-3, FE-6 | PAO Event |

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| 16:30-17:30 | FE-1 | Physical Exercise (VELO) |
| 16:40-17:10 | FE-6 | Crew Departure Prep |
| 16:40-16:55 | FE-3 | PAO Event |
| 16:40-16:45 | CDR | EMCS Pressure Relief Valve Check |
| 16:50-17:10 | CDR | Myco Preparation |
| 17:05-17:20 | FE-2 | Private Medical Conference (<i>Ku+S-band</i>) |
| 17:10-17:20 | CDR, FE-6 | Myco Procedure Review |
| 17:30-18:30 | FE-2 | Physical Exercise (VELO), Day 1 |
| 17:30-17:40 | CDR | FMK Deployment Ops |
| 17:35-18:05 | FE-5 | Crew Departure Prep |
| 17:40-19:05 | CDR | Physical Exercise (ARED) |
| 17:55-18:40 | FE-3, FE-6 | Robotics conference |
| 18:05-18:25 | FE-5 | MO-21 Prep. Ecosphere battery charge |
| 18:25-19:05 | FE-5 | Evening Work Prep |
| 18:25-18:30 | FE-1 | Elektron-VM Aerosol Filter Inspection |
| 18:30-18:50 | FE-1 | Evening Work Prep |
| 18:30-19:00 | FE-2 | INTERACTION Experiment Ops |
| 18:40-18:50 | FE-3 | TOCA 2 Data Recording |
| 18:40-19:05 | FE-6 | Evening Work Prep |
| 18:50-19:05 | FE-1 | Private Medical Conference (<i>Ku+S-band</i>) |
| 18:50-19:05 | FE-3 | Evening Work Prep |
| 19:00-19:05 | FE-2 | Evening Work Prep |
| 19:05-19:30 | | Daily Planning Conference (<i>S-band</i>) |
| 19:30-21:30 | CDR, FE-3, FE-5 | Pre-sleep |
| 19:30-21:20 | FE-2 | Pre-sleep |
| 19:30-21:15 | FE-1 | Pre-sleep |
| 19:30-21:25 | FE-6 | Pre-sleep |
| 21:15-21:30 | FE-1 | БМП Φ2 Absorption Cartridge Regeneration (termination) |
| 21:20-21:30 | FE-2 | SONOCARD Experiment Start |
| 21:25-21:30 | FE-6 | MPC Power Down |
| 21:30-06:00 | . | SLEEP |

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to**
 2. **See OSTP for all US crew members and USOS activities**
 3. Pre-sleep ops: dinner, daily food prep, evening toilet
- End of Radiogram