Radiogram No. 5717u CREW OFF DUTY

Form 24 for 03/26/2011

GMT	CREW	ACTIVITY
		ACTIVITY
		Morning Inspection
06:00-06:05		Electron-VM System Inspection
06:05-06:10	CDR	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:30		Weekly Housekeeping
07:30-09:30		Progress 409 Transfers
07:30-10:30	FE-6	Weekly Housekeeping
08:30-08:35		ISS HAM Radio Setup in SM
08:35-08:50	FE-5	ISS HAM Radio Session From SM
08:50-10:30		Weekly Housekeeping
09:30-09:45	CDR	Roskosmos video file prep and downlink using OCA
09:45-10:00		Private Family Conference (S + Ku-band)
10:00-13:00		Weekly Housekeeping Preventive Maintenance of SM Ventilation System Group E Cleaning FGB ЦВ2 Fan Cleaning Potok-150MK Air Purification System Pre-filters in SM and FGB(not earlier than 12:00 GMT)
10:30-11:30		Physical Exercise T 2
11:30-13:00	FE-5	Physical Exercise (ARED)
13:00-14:00		LUNCH
14:00-15:00	CDR	Progress 409 Transfers
14:00-14:25	FE-6	MPC - Transfer
14:00-14:05	FE-5	Erasmus Recording Binocular (ERB2) Power ON
14:10-14:25		Private Family Conference
15:00-15:05	FE-6	SSC File Server Reboot
15:00-15:05	CDR	PAO Hardware Setup
15:05-15:15		Crew Prep For PAO
15:15-15:30		TV greetings (Ku + S -band)
15:15-15:20	FE-6	SSC ISS Server Reboot
15:20-15:25		OCA SSC Router Reboot
15:30-16:30	CDR	Physical Exercise (ARED)
15:40-16:00	FE-6	MELFI 3 Ice Brick Insertion 2
16:00-16:15		Private Family Conference
16:15-17:15		Physical Exercise T 2
16:30-18:00	CDR	Physical Exercise (TVIS), Day 1
17:15-18:45	FE-6	Physical Exercise (ARED)
18:00-18:05	CDR	Electron-VM System Inspection
18:05-18:45		СОЖ Maintenance
18:30-18:55		LAB. Terminate LTL Flow to CDRA
18:45-19:00		Evening Work Prep
19:00-19:15		Daily Planning Conference (S-band)

19:15-19:30	Evening Work Prep
19:30-21:30	Pre-sleep
21:30-06:00	SLEEP

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
 Pre-sleep ops: daily food prep, dinner, pre-sleep
 End of Radiogram