

Radiogram No. 4635u

Form 24 for 11/18/2010

POST-EVA SM AND DC1 RECONFIG TO NOMINAL. SM ATTITUDE CONTROL THRUSTERS [DO] INHIBIT

GMT	CREW	ACTIVITY
06:00-06:10	FE-5	SONOCARD Experiment Termination
06:00-06:05	FE-3	Reaction Self Test
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:00-06:05	CDR, FE-6	PROK- PH Urine Test
06:00-06:10	FE-2	Morning Inspection
06:05-06:10	FE-1, FE-3	Morning Inspection
06:05-06:25	CDR	PROK- PH Urine Test
06:05-06:10	FE-6	Reaction Self Test
06:10-06:40	FE-1, FE-2, FE-3, FE-5, FE-6	Post-sleep
06:25-06:35	CDR	HRF Urine Sample MELFI Insertion
06:35-06:40	CDR	Reaction Self Test
06:40-07:30	FE-1, FE-2, FE-3, FE-5, FE-6	BREAKFAST
06:40-07:05	CDR	Post-sleep
07:05-07:50	CDR	BREAKFAST
07:30-07:45	FE-3, FE-6	Work Prep
07:30-07:50	FE-1, FE-2, FE-5	Work Prep
07:45-07:50	FE-6	BCAT Camera Checkout
07:45-07:50	FE-3	BCAT5 Historical Documentation (HISD) Photography
07:50-08:10		Daily Planning Conference (<i>S-band</i>)
08:10-09:10	FE-6	Physical Exercise T2
08:10-09:10	FE-3	Physical Exercise (ARED)
08:15-08:30	FE-5	SONOCARD Data Copy to RSE-MED Laptop and Data Downlink Using OCA
08:15-11:45	FE-2	PILOT-M Experiment Using Neurolab
08:15-08:25	CDR	VO2 Power Up
08:15-09:25	FE-1	ISTOCHNIK-M Test Run
08:25-09:35	CDR	VO2max Protocol Preparation
08:45-09:15	FE-5	PILOT-M Experiment Assistance w/ Neurolab
09:10-10:40	FE-6	Physical Exercise (ARED)
09:25-09:55	FE-1	ISTOCHNIK-M Closeout Ops
09:30-09:35	FE-3	WHC Configuration
09:35-10:15	CDR	VO2max Experiment Protocol
09:35-10:10	FE-3	Sleep Actiwatch: Data Download & Initialization Using HRF PC 1
09:45-09:55	FE-5	Terminate 2nd Orlan Battery Pack 825M3 discharge
09:55-10:40	FE-5 FE-1 (assists)	Orthostatic Stability Evaluation with LBNP. <i>Tagup with specialists (VHF)</i>

10:15-10:25	CDR	VO2 - Thermolab Data Transfer to Portable PFS. Thermolab Equipment Disconnect and Stow
10:25-10:30	CDR	VO2max PPFS Data Downlink
10:30-10:40	CDR	VO2max. Crew Mixing Bag System Cleaning
10:40-10:45	FE-1 (assists)	LBNP Exercise (PRELIMINARY) (<i>S-band</i>)
10:40-11:15	FE-5	
10:40-11:50	CDR, FE-3	CDRA Maintenance
10:45-12:00	FE-1	Progress 408 - DC1 Interface Leak Check
11:45-12:45	FE-2	Physical Exercise (VELO), Day 4
11:45-13:00	FE-5	Physical Exercise (TVIS), Day 3
11:50-12:10	CDR	Urine Sample Collection
11:50-12:05	FE-3, FE-6	CDRA Maintenance
12:00-12:20	FE-1	DC1/CY and CY/Progress-408 Transfer Hatch Opening
12:05-12:20	FE-3,FE-6	CDRA Maintenance
12:10-12:15	CDR	HRF Urine Sample Insertion into MELFI
12:20-12:40	FE-1	Quick Release Screw Clamps Installation
12:20-13:05	FE-3, FE-6	CDRA Maintenance
12:50-13:00	CDR	VO2max Crew Portable Pulmonary Function System Conclude
13:00-14:00	CDR, FE-1 , FE-2	LUNCH
13:00-13:05	FE-5	On MCC Go ISS O2 Repress from Progress 408 CpПК (start)
13:05-14:05	FE-3, FE-5 , FE-6	LUNCH
14:00-17:00	FE-2	Configuring ПxO and CO1 to Initial State after EVA <i>Restore Nominal Comm Configuration</i>
14:00-14:40	FE-1	Progress 408 deactivation, air duct installation
14:00-14:05	CDR	PROK Diet Logging (Day 2-4)
14:05-14:10	FE-5	ISS O2 repress from Progress 408 CpПК (terminate)
14:05-14:10	CDR	VO2max PPFS Stowage
14:05-14:10	FE-6	PROK Diet Logging (Day 1)
14:05-14:15	FE-3	CWC Audit
14:10-14:40	CDR, FE-5 , FE-6	Soyuz 229 Kazbek Fit Check
14:15-14:20	FE-3	SPHINX weekly check and report KUBIK temperature during cooling phase
14:30-14:40	FE-3	PAO Hardware Setup
14:40-14:50	CDR, FE-3, FE-6	Crew Prep for PAO
14:40-15:40	FE-5	Crew Departure Prep
14:40-15:40	FE-1	Progress 408 Docking Mechanism Removal
14:50-15:15	CDR, FE-3, FE-6	PAO Event
15:15-15:20	FE-6	T2 Guide Installation
15:15-15:20	FE-3	PAO Hardware Deactivation
15:15-15:35	CDR	Urine Sample Collection

15:20-16:05	FE-3, FE-6	CDRA Maintenance
15:35-15:40	CDR	HRF Urine Sample Insertion into MELFI
16:00-16:15	FE-1	Inspection of CPB-K2M Sediment Trap Insert
16:05-16:45	FE-3, FE-6	Waste and Hygiene Cabin Installation
16:10-18:10	FE-5	Soyuz 229 Descent OBT and Return Equipment List and Stowage Conference. <i>Tagup with specialists (S-band)</i>
16:15-17:45	FE-1	Physical Exercise (TVIS), Day 4
16:30-16:35	CDR	Removal of T2 Alignment Guides
16:35-17:35	CDR	Physical Exercise T 2
16:45-18:10	FE-6	Soyuz 229 Descent OBT and Return Equipment List and Stowage Conference. <i>Tagup with specialists (S-band)</i>
16:45-16:55	FE-3	Battery Stowage Assembly (BSA) Battery Recharge Terminate
16:55-17:05	FE-3	EMU PWR Degassing
17:30-19:00	FE-2	Physical Exercise (TVIS), Day 4
17:35-19:05	CDR	Physical Exercise (ARED)
17:35-19:05	FE-3	Physical Exercise (CEVIS)
17:45-18:45	FE-1	Physical Exercise (VELO), Day 4
18:10-18:35	FE-5	Evening Work Prep
18:15-18:45	FE-6	Evening Work Prep
18:35-19:05	FE-5	COX Maintenance
18:45-18:55	FE-6	Integrated Immune: Hardware Setup for Crew Saliva Sampling
18:45-19:00	FE-1	Evening Work Prep
18:55-19:05	FE-6	Nutrition and Repository Equipment Configuration for Blood Draw
19:00-19:05	FE-1	Elektron-VM Aerosol Filter Inspection
19:05-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-19:50		Flight Director/ISS Crew Tagup
19:50-21:25	CDR, FE-3	Pre-sleep
19:50-21:30	FE-1, FE-2, FE-5	Pre-sleep
19:50-19:55	FE-6	MPC Power Up
19:55-21:20	FE-6	Pre-sleep
21:20-21:25	FE-6	Reaction Self Test
21:25-21:30	FE-6	MPC Power Down
21:25-21:30	CDR, FE-3	Reaction Self Test
21:30-06:00		SLEEP
Task List	FE-5	IMS Update

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: dinner, daily food prep, evening toilet
- End of Radiogram