

Radiogram No. 2581u

Form 24 for 03/13/10

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR, FE-6	Integrated Immune Liquid Saliva Sample Collection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-4	Morning Inspection
06:00-06:20	FE-5	HRF Urine Collection
06:05-06:25	CDR	
06:05-06:10	FE-1, FE-6	Morning Inspection
06:10-06:40	FE-1, FE-4, FE-6	Post-sleep
06:20-06:30	FE-5	HRF Urine Sample First Insertion into MELFI
06:25-06:35	CDR	
06:30-06:35	FE-5	NUTR/REP Photography
06:35-06:45	CDR	Morning Inspection
06:35-06:40	FE-5	
06:40-07:10	FE-5	Post-sleep
06:40-07:30	FE-1, FE-4, FE-6	BREAKFAST
06:45-07:15	CDR	Post-sleep
07:10-08:00	FE-5	BREAKFAST
07:15-08:05	CDR	
07:30-10:30	FE-1, FE-4	Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB 4B2
07:30-10:30	FE-6	Weekly Housekeeping
08:00-11:00	FE-5	
08:05-11:05	CDR	
10:30-11:30	FE-6	Physical Exercise T 2
10:40-10:55	FE-1, FE-4	Private Psychological Conference (<i>VHF</i>)
11:30-13:00	FE-6	Physical Exercise (ARED)
11:50-12:45	FE-1, FE-4 (assists)	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (VHF)</i>
12:00-12:20	FE-5	HRF Urine Collection
12:20-12:25	FE-5	HRF Urine Sample Insertion into MELFI
12:35-12:55	CDR	HRF Urine Collection
12:55-13:00	CDR	HRF Urine Sample Insertion into MELFI
13:00-14:00		LUNCH
14:05-14:35		Weekly planning conference
14:35-15:15	FE-1	COX Maintenance
15:15-15:30	FE-1, FE-4	HAM Radio Session (Oryol)
15:30-15:45	FE-4	PAO Hardware Setup using USOS assets
15:30-15:45	CDR	Private Family Conference (<i>Ku+S-band</i>)
15:45-16:00		TV PAO 70th Birthday Greetings to Yu. N. Koptev, Former Roskosmos General Director using USOS assets (<i>Ku+S-band</i>)

16:00-16:05	FE-4	PAO Hardware Deactivation
16:05-16:10	FE-1	MPC Power Up
16:05-17:35	FE-5	Physical Exercise (ARED)
16:10-16:30	FE-1	Downlink of Video for TBL Channel via USOS assets (<i>Ku-band</i>)
16:30-16:35	FE-1	MPC Power Down
16:35-17:35	CDR	Physical Exercise T 2
17:00-18:30	FE-1	Physical Exercise (TVIS), Day 2
17:00-18:00	FE-4	Physical Exercise (VELO), Day 3
17:35-19:05	CDR	Physical Exercise (ARED)
17:35-18:35	FE-5	Physical Exercise T 2
18:00-19:30	FE-4	Physical Exercise (TVIS), Day 3
18:30-18:35	FE-1	Elektron-VM Aerosol Filter Inspection
18:35-18:40	FE-1	Switching Soyuz 226 Air Heater Fan [БВН] to operation mode without heater
19:05-19:25	CDR	HRF Urine Collection
19:05-19:25	FE-5	
19:15-19:30	FE-6	Food Frequency Questionnaire
19:25-19:30	CDR, FE-5	HRF Urine Sample Insertion into MELFI
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1, FE-4	E21/22 Photo/Video
		ECON. Observations and Photography
		Video Footage for TBL Channel
	FE-1	PLANTS-2. Box A (KM 22) Pump Activation
		Pumping Urine to Progress 403 БВ2 Tank
	FE-4	URAGAN. Observations and Photography

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