

Radiogram No. 1289u

Form 24 for 01/19/2013

CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:05	CDR	Reaction Self-test
06:00-06:10	FE-1	Morning Inspection. RSS2 Reboot / r/g 1009 step 1
06:00-06:10	FE-2	Morning Inspection. Reboot Laptop RS2(1)
06:00-06:10	FE-4	Morning Inspection.
06:00-06:05	FE-5	Urine Spot Test
06:00-06:05	FE-6	ICV - Start battery charge
06:05-06:10	CDR	Morning Inspection.
06:05-06:10	FE-6	Urine Spot Test
06:05-06:10	FE-5	Reaction Self-test
06:10-06:40	CDR, FE-4, FE-1, FE-2	Post-Sleep
06:10-06:20	FE-5	Morning Inspection
06:10-06:15	FE-6	Reaction Self-test
06:15-06:20	FE-6	Morning Inspection
06:20-06:50	FE-5, FE-6	Post-Sleep
06:40-07:30	FE-4	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (<i>after breakfast</i>)
06:40-07:30	CDR, FE-1, FE-2	BREAKFAST.
06:50-07:30	FE-5, FE-6	BREAKFAST.
07:30-10:30	CDR	Weekly Housekeeping
07:30-10:30	FE-1	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦБ2 Fan Cleaning Inspection of Air Conditioner Inspection and Cleaning of Auxiliary Computer System (BKC) Laptops / r/g 1141 БМП (Micropurification Unit) Fan Grille Cleaning
07:30-10:15	FE-2	Weekly Housekeeping
07:30-08:45	FE-4	Weekly Housekeeping
07:30-10:30	FE-5	Weekly Housekeeping
07:30-08:30	FE-6	Weekly Housekeeping
08:30-08:35	FE-6	ICV - Start battery charge
08:35-10:35	FE-6	Weekly Housekeeping
08:45-10:15	FE-4	Physical Exercise (ARED)
10:15-11:30	FE-2	Physical Exercise (ARED)
10:15-12:00	FE-4	Weekly Housekeeping
10:30-11:30	CDR	Physical Exercise T2
10:30-10:35	FE-5	CGBA Status Check and Maintenance
10:35-11:35	FE-6	Physical Exercise (CEVIS)
11:30-13:00	CDR	Physical Exercise (ARED)
12:00-13:00	FE-1	Physical Exercise VELO-3
12:00-12:15	FE-2	Private Family Conference (<i>Ku + S-band</i>) (<i>S/G2, S/G1-- backup</i>)

12:00-12:05	FE-6	ICV - Start battery charge
12:40-13:00	FE-6	HRF- Prep for urine collection.
13:00-13:30		Weekly Planning Conference (<i>S-band</i>)
13:30-14:30		LUNCH
14:30-14:35	FE-4	PAO Hardware Setup
14:30-14:40	CDR	Food Frequency Questionnaire
14:30-14:40	FE-5	PROK Diet Log (Day 2-4)
14:30-14:40	FE-6	PROK - Diet Log
14:35-14:45	FE-1, FE-2, FE-4	Crew Prep For PAO
14:45-15:05	FE-1, FE-2, FE-4	ISS-MCC-M TV TB Greetings (<i>S + Ku-band</i>)
15:00-15:05	FE-6	ICV - Start battery charge
15:05-15:45	FE-4	COX Maintenance
15:05-15:20	FE-6	JRNL - Journal entry
15:15-15:30	FE-5	Private Family Conference
15:30-16:30	FE-5	Physical Exercise (CEVIS)
15:45-16:45	FE-4	Physical Exercise T2
16:30-18:00	FE-5	Physical Exercise (ARED)
16:45-18:00	FE-2	Physical Exercise T2
17:40-18:00	FE-6	ICV Data Collection
18:00-19:30	FE-1	Physical Exercise T2
18:00-19:30	FE-6	Physical Exercise (ARED)
19:30-21:25	CDR,FE-5	Pre-sleep
19:30-21:30	FE-1, FE-2, FE-4	Pre-sleep
19:30-21:20	FE-6	Pre-sleep
21:20-21:25	FE-6	REMINDER
21:25-21:30	CDR, FE-5, FE-6	Reaction Self-test
21:30-06:00		SLEEP
Task List	FE-1, FE-2, FE-4	Report Preparation for Roskosmos site
		URAGAN Observations and photography
		Observations And Photography
		SEINER. World Ocean Observation

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