

Radiogram No. 9139u

Form 24 for 12/02/2008

**CREW HEALTH STATUS**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:20	FE-2	Nutrition and Repository - Urine Sample Collection
06:00-06:10	CDR, FE-1	Morning Inspection
06:10-06:20	FE-1	MO-8. Setup
06:10-06:20	CDR	Calf volume measurement
06:20-06:25	FE-2	Nutrition and Repository - Urine Sample MELFI Insertion
06:20-06:35	CDR	Body Mass Measurement
06:20-06:40	FE-1	Post-sleep
06:25-06:35	FE-2	Calf Volume Measurement. <i>ИЗОГ (calf volume meter) kit(S/N 86 B/C 00044954, CM1PO_2_Медшкаф_к.3)</i>
06:35-06:50	FE-2	Body Mass Measurement
06:35-07:05	CDR	Post-sleep
06:40-06:50	FE-1	Calf volume measurement
06:50-07:00	FE-2	Morning Inspection
06:50-07:05	FE-1	Body Mass Measurement
07:00-07:30	FE-2	Post-sleep
07:05-07:15	FE-1	MO-8. Close-out ops
07:05-07:55	CDR	BREAKFAST
07:15-07:25	FE-1	Post-sleep
07:25-08:15	FE-1	BREAKFAST
07:30-08:05	FE-2	BREAKFAST
07:55-08:25	CDR	Prep for Work
08:05-08:25	FE-2	Nutrition and Repository - Stow Urine Sampling Hardware
08:15-08:25	FE-1	Prep for Work
08:25-08:40		Daily Planning Conference (S-band)
08:40-09:40	CDR	Physical Exercise (RED)
08:40-08:50	FE-1	Prep for Work
08:40-09:35	FE-2	HTV control panel - cable installation
08:50-09:50	FE-1	Progress 401 unloading and IMS updates
09:40-12:15	CDR	Installation of Waste and Hygiene Compartment (WHC), Part 1
09:40-09:45	FE-2	JPM PROX Activation
09:45-11:15	FE-2	Physical Exercise (RED)
09:50-11:20	FE-1	Physical Exercise (TVIS), day 3
11:15-12:15	FE-2	Physical Exercise (CEVIS)
11:20-11:25	FE-1	MAI-75. Hardware activation
11:25-12:15	FE-1	Progress 401 unloading and IMS updates
12:15-13:15		LUNCH
13:15-13:30	FE-2	CGBA5 Insert 3 Operations Part 2
13:15-13:30	CDR	SOLO - PCBA Transfer
13:15-13:20	FE-1	MAI75. Hardware Deactivation
13:20-14:00	FE-1	Progress 401 unloading and IMS updates

13:30-13:45	CDR	SOLO: Insertion of PCBA pouches into MELFI
13:30-13:40	FE-2	Stowage of CCISS Hardware
13:45-15:55	CDR	Installation of Waste and Hygiene Compartment (WHC), Part 1
13:45-14:15	FE-2	Biolab TRICS Relocation
14:00-14:40	FE-1	COX Maintenance
14:15-14:25	FE-2	TOCA S/W Upgrade
14:40-15:40	FE-1	Physical Exercise (VELO + RED), day 3
14:45-15:05	FE-2	HTV HCP self-test, closeout ops
15:25-15:40	FE-2	Private Medical Conference ( <i>Ku + S-band</i> )
15:40-15:55	FE-1	Private Medical Conference ( <i>Ku + S-band</i> )
15:40-15:50	FE-2	MELFI - ICEPAC Insertion into Dewar
15:55-16:55		CHeCS Medical Emergency Training
16:55-18:25	CDR	Physical Exercise (TVIS)
16:55-18:25	FE-1	Progress 401 unloading and IMS updates
16:55-17:40	FE-2	WRS Leak Check
17:40-18:40	FE-2	Crew time for ISS adaptation and orientation
18:25-18:40	CDR	Private Medical Conference ( <i>Ku + S-band</i> )
18:25-18:55	FE-1	Evening work prep.
18:40-18:55	FE-2,CDR	
18:55-19:10		Daily Planning Conference ( <i>S-band</i> )
19:10-19:30		Evening Work Prep
19:30-21:20	FE-1	Presleep (dinner, daily food prep, evening toilet)
19:30-21:30	FE-2,CDR	
21:20-21:30	FE-1	SONOCARD. Experiment Start
21:30-06:00		SLEEP

**Notes:**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
  2. See OSTP for references to US activities.
- End of Radiogram