## Radiogram No. 2287u CREW OFF DUTY

## Form 24 for 05/09/2013

TIME	CREW	ACTIVITY
06:00-06:05	CDR	PROK. Urine Spot Test
06:00-06:10	FE-1	Morning Inspection. Laptop RS2(1) Reboot
06:00-06:10	FE-3, <b>FE-4</b>	Morning Inspection
06:00-06:05	FE-6	PROK. Urine Spot Test
06:00-06:10	FE-2	Morning Inspection. RSS1, RSS2 Reboot
06:05-06:10	CDR	Morning Inspection
06:05-06:25	FE-6	HRF Urine Sample Collection
06:10-06:40	CDR, <b>FE-1</b> , <b>FE-2</b> , FE-3, <b>FE-4</b>	Post-sleep
06:25-06:35	FE-6	HRF Urine Sample Insertion Into MELFI
06:35-07:00	FE-6	Post-sleep
06:40-07:30	CDR, <b>FE-1</b> , <b>FE-2</b> , FE-3	BREAKFAST
06:40-07:30	FE-4	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (after breakfast)
07:00-07:30	FE-6	BREAKFAST
08:05-08:10	FE-1	TK 708 IRIDIUM Phone Setup for Video Recording
08:10-08:50	FE-1, FE-2	Video Recording for IRIDIUM Video Footage of Address
08:50-09:50	FE-2	Physical Exercise (ARED)
09:00-09:15	FE-1	TK 708 IRIDIUM Phone Charging - Setup, Start Charging
09:25-09:30	FE-1	TK 708 IRIDIUM Phone Charging - Battery Status Check
09:30-09:40	FE-1	TK 708 IRIDIUM Phone Charging - Terminate Battery Charge
09:40-09:50	FE-4	TK 704A IRIDIUM Phone Charging - Start Charge
10:00-11:30	CDR	Physical Exercise (ARED)
10:00-10:10	FE-3	CIR - Hardware Teardown
10:00-10:15	FE-2	Private Family Conference (Ku + S-band)
10:00-10:05	FE-4	TK 704A IRIDIUM Phone Charging - Battery Status Check
10:05-10:20	FE-4	TK 704A IRIDIUM Phone Charging - Terminate Charge, Cleanup
10:05-10:25	FE-6	HRF Urine Sample Collection
10:20-11:00	FE-3	PWR (Payload Water Reservoir) Fill
10:25-10:30	FE-6	HRF Urine Sample Insertion Into MELFI
10:30-12:00	FE-1	Physical Exercise (TVIS), Day 3
10:30-11:30	FE-6	Physical Exercise T2
10:45-11:00	FE-4	Private Family Conference (Ku + S-band)
11:30-13:00	FE-6	Physical Exercise (ARED)
12:00-13:00	FE-4	Physical Exercise (TVIS), Day 4
12:50-13:00	CDR	CWC Audit

12:50-13:00	FE-3	WRM Audit
13:00-14:00		LUNCH
14:00-14:05	CDR, FE-6	PROK. Diet Log Day 2-4
14:00-14:15	FE-1	Private Family Conference (Ku + S-band)
14:00-15:00	FE-4	TK 704A Packing with Hardware for Disposal
14:05-14:50	CDR	EXPRS8-ELC Computer Software Load
14:05-14:25	FE-6	HRF Urine Sample Collection
14:25-14:30	FE-6	HRF Urine Sample Insertion Into MELFI
14:30-14:35	FE-6	ELT2 Partition Change
14:45-14:55	FE-3	WSTA Fill
14:50-15:05	CDR	EXPRS2 - Laptop SW load
14:55-15:35	FE-3	RGN REC-TNK - Remove depress hose for nominal operations
15:00-15:40	FE-2	СОЖ Maintenance
15:05-16:05	CDR	Physical Exercise T 2
15:30-17:00	FE-4	Physical Exercise (ARED)
15:45-16:45	FE-1	Physical Exercise (VELO), Day 3
16:05-17:05	CDR	Crew Departure Prep
16:15-17:15	FE-3	Physical Exercise (CEVIS)
16:40-17:40	FE-6	Crew Departure Prep
16:45-18:15	FE-2	Physical Exercise (TVIS), Day 2
17:15-18:45	FE-3	Physical Exercise (ARED)
17:40-17:50	FE-6	HRF. Sample Blood Collection Setup
17:50-18:10	FE-6	HRF Urine Sample Collection
18:10-18:15	FE-6	HRF Urine Sample Insertion Into MELFI
18:15-19:05	CDR, <b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b> , FE-6	Evening Work Prep
18:45-19:05	FE-3	Evening Work Prep
19:05-19:30		Daily Planning Conference (S-band)
19:30-19:35	CDR	P/TV Playback Start
19:30-21:30	<b>FE-1</b> , <b>FE-2</b> , FE-3, <b>FE-4</b>	Pre-sleep
19:30-21:25	FE-6	Pre-sleep
19:35-21:20	CDR	Pre-sleep
21:20-21:25	CDR	REMINDER - Urine Sample Collection
21:25-21:30	CDR	P/TV Playback Stop
21:25-21:30	FE-6	REMINDER - Review
21:30-06:00		SLEEP
	FE-1, FE-2	URAGAN Observations and Photography
Task List	FE-1, FE-2, FE-4	Preparation of reports for Roskosmos site

	FE-1, FE-4	ECON-M. Observations and Photography
	FE-4	РСПИ (Data Transmission Radio Link). Data Prep on RSS2 for Downlink via РСПИ

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
   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 End of Radiogram