

Radiogram 4232u Form 24 10/1/2010
Transition to Regul-OS String 2. Crew Off Duty

TIME	CREW	Activity
06:00-06:20	FE-5	URAGAN. Observation and Imagery using ΦCC hardware
06:00-06:05	CDR, FE-6	SLEEP: data recording
06:05-06:10	CDR, FE-6	Spot Urine Test
06:10-06:40	CDR, FE-6	Post-Sleep
06:20-06:40	FE-5	
06:40-07:30	CDR, FE-6	Breakfast
06:40-07:15	FE-5	
07:15-07:25	FE-5	Equipment Setup for TV Greeting
07:25-07:30	FE-5	Elektron-VM Aerosol Filter Inspection
07:30-07:45	.	Daily Planning Conference (<i>S-band</i>)
07:45-08:00	CDR, FE-6	Work Prep
08:02-08:12		TV greeting for 5-th MCC anniversary, TV greeting for Teachers' Day (<i>Ku+S-band</i>)
08:12-08:25	FE-5	TV teardown
08:15-08:22	CDR	PPFS Activation and 45-min Warmup
08:15-09:10	FE-6	T2 Annual Maintenance
08:25-10:15	CDR	VO2: Setup and Protocol
08:30-08:45	.	Weekly Crew Conference w/GOGU (<i>S-band</i>)
09:10-10:40	FE-6	T2: Jam Nut Secure
10:00-10:20	FE-5	Regul Packet Comm Transition to Regul-OS String 2
10:15-11:00	CDR	VO2max Protocol Recording
10:40-12:10	FE-6	Physical Exercise - ARED
11:00-11:15	CDR	VO2: Thermolab Data Transfer to PPFS, Deactivation, and Thermolab Stow
11:15-11:20	CDR	VO2max Data Downlink
11:30-12:15	CDR	VO2max: MBS Stow
12:10-13:10	FE-6	Physical Exercise - TVIS
12:15-13:05	CDR	VO2: PPFS Closeout Ops
13:05-14:05	CDR	Lunch
13:10-14:10	FE-5, FE-6	Lunch
14:05-14:10	CDR	PROK: Diet Data Logging (Day 1)
14:10-14:15	FE-6	PROK: Diet Data Collection (Days 2-4)
14:10-14:25	CDR	PPFS MBS Hardware Stow
14:15-14:30	FE-6	PCS/PWS Reboot
14:25-14:45	CDR	CBEF: MEU Disassembly
14:25-14:55	FE-5	COX Maintenance
14:30-16:00	FE-6	EARTHKAM: Camera Firmware Update and Checkout
14:45-14:55	CDR	CBEF: MEU Disassembly
15:05-15:15	CDR	Video Hardware Installation for TVIS 2 Exercise Imagery
15:15-15:55	CDR	T2L Activation, Checkout, Exercise
15:55-17:25	CDR	Physical Exercise - ARED
15:55-16:55	FE-5	Physical Exercise - Velo, Day 3

16:00-16:10	FE-6	MELFI: Module Cleaning
16:10-16:25	FE-6	Rack removal from Columbus
16:25-17:25	FE-6	PBA and PFE Inspection
16:55-18:25	FE-5	Physical Exercise - TVIS, Day 3
17:25-17:55	FE-6	Evening Work Prep
17:25-18:25	CDR	Physical Exercise - CEVIS
17:55-18:00	FE-6	Glovebox (MSG): Powerdown
18:00-18:15	FE-6	Food Questionnaire
18:15-18:25	FE-6	TVIS Weekly Maintenance
18:25-18:30	FE-6	WHC Config for UPA Integration
18:25-18:30	FE-5	Elektron-VM Aerosol Filter Inspection
18:30-18:45	.	Daily Planning Conference (<i>S-band</i>)
18:45-19:05	.	FD Conference (<i>S-band</i>)
19:05-19:30	.	Evening Work Prep
19:30-19:35	FE-6	MPC: Powerup
19:30-21:30	FE-5	Pre-Sleep
19:30-19:50	CDR	Pre-Sleep
19:35-20:30	FE-6	Pre-Sleep
19:50-20:05	CDR	Private Family Conference
20:05-21:30	CDR	Pre-Sleep
20:30-20:35	FE-6	MPC: Power Down
20:35-21:30	FE-6	Pre-Sleep
21:30-06:00	.	Sleep
Task List	FE-5	Identification. Transfer of IMY-LJ Measurements to RSE 1 Laptop
		URAGAN. Observation and Imagery

Notes:

1. SM Window 9 shutter opening is at crew discretion w/ Report to MCC
 2. See OSTP for missing references to US Activities
 3. Pre-Sleep: dinner, daily food prep, evening ablutions
- End of Radiogram