Form 24 for 08/28/2009

GMT	CREW	ACTIVITY
06:00-06:05	FE-5	SLEEP Data Log Entry
06:00-06:05	FE-1	SLEEP Data Log Entry
06:00-06:05	FE-4	SLEEP Data Log Entry
06:00-06:10	CDR	Morning Inspection
06:00-06:05	FE-2	SLEEP Data Log Entry
06:00-06:10	FE-3	SONOCARD Experiment Termination
06:05-06:15	FE-2, FE-4, FE-5	Morning Inspection
06:05-06:15	FE-1	Morning Inspection
06:10-06:40	FE-3	Post-sleep
06:10-06:20	CDR	Biochemical Urine Test
06:15-06:50	FE-4	Post-sleep
06:15-06:20	FE-1	Post-sleep
06:15-07:00	FE-5	Post-sleep
06:15-06:30	FE-2	Post-sleep
06:20-06:30	FE-1	Biochemical Urine Test
06:20-06:50	CDR	Post-sleep
06:30-06:55	FE-1	Post-sleep
06:30-06:40	FE-2	Biochemical Urine Test
06:40-06:50	FE-3	Biochemical Urine Test
06:40-06:55	FE-2	Post-sleep
06:50-07:45	CDR	BREAKFAST
06:50-07:00	FE-4	Biochemical Urine Test
06:50-07:45	FE-3	BREAKFAST
06:55-07:45	FE-1, FE-2	BREAKFAST
07:00-07:45	FE-4	BREAKFAST
07:00-07:10	FE-5	Biochemical Urine Test
07:10-07:45	FE-5	BREAKFAST
07:45-07:55	FE-3	BAR. Terminate Kelvin Charging, Start Charging TTM-2
07:45-08:10	CDR , FE-1, FE-2, FE-4, FE-5	Work Prep
07:55-08:10	FE-3	Work Prep
08:10-08:35		Daily Planning Conference (S-band)
08:35-08:50		ISS Crew and ГОГУ (RSA Flight Control Team Management) Weekly Conference (S-band)
08:50-09:05	CDR	IMS Tagup (S-band)
08:50-10:20	FE-2	Physical Exercise (ARED)
08:50-09:05	FE-3	SONOCARD. Copying Data to RSE-MED Laptop and OCA Data Downlink
08:50-09:50	FE-5	Physical Exercise (CEVIS)

09:05-09:35	CDR FE-1 FE-3 FE-1 CDR FE-1	LOCAD Hardware Setup Counter Measure System (CMS) Harmful Contaminant Measurements in SM LOCAD Media Prep SEINER Ocean Observations / r/g LOCAD Swab Ops With Video Physical Exercise (TVIS), day 3 CSA-CP Battery Changeout Physical Exercise (CEVIS) Physical Exercise (ARED) LOCAD Portable Test System (PTS) Data Recording Operations Phase 1
09:10-09:30 F 09:10-09:40 F 09:30-09:40 F 09:35-10:35 C 09:40-09:50 F 09:50-10:50 F 10:05-11:05 F	FE-1 FE-3 FE-1 CDR FE-1 FE-4 FE-3 FE-1	LOCAD Media Prep SEINER Ocean Observations / r/g LOCAD Swab Ops With Video Physical Exercise (TVIS), day 3 CSA-CP Battery Changeout Physical Exercise (CEVIS) Physical Exercise (ARED)
09:10-09:40	FE-3 FE-1 CDR FE-1 FE-4 FE-3 FE-1	SEINER Ocean Observations / r/g LOCAD Swab Ops With Video Physical Exercise (TVIS), day 3 CSA-CP Battery Changeout Physical Exercise (CEVIS) Physical Exercise (ARED)
09:30-09:40 F 09:35-10:35 C 09:40-09:50 F 09:50-10:50 F 10:05-11:05 F	FE-1 CDR FE-1 FE-4 FE-3 FE-1	LOCAD Swab Ops With Video Physical Exercise (TVIS), day 3 CSA-CP Battery Changeout Physical Exercise (CEVIS) Physical Exercise (ARED)
09:35-10:35 C 09:40-09:50 F 09:50-10:50 F 10:05-11:05 F 10:10-10:15 F	EDR FE-1 FE-4 FE-3 FE-1	Physical Exercise (TVIS), day 3 CSA-CP Battery Changeout Physical Exercise (CEVIS) Physical Exercise (ARED)
09:40-09:50 F 09:50-10:50 F 10:05-11:05 F 10:10-10:15 F	FE-1 FE-4 FE-3 FE-1	CSA-CP Battery Changeout Physical Exercise (CEVIS) Physical Exercise (ARED)
09:50-10:50 F 10:05-11:05 F 10:10-10:15 F	FE-4 FE-3 FE-1	Physical Exercise (CEVIS) Physical Exercise (ARED)
10:05-11:05 F 10:10-10:15 F	-E-3 -E-1	Physical Exercise (ARED)
10:10-10:15 F	-E-1	,
		LOCAD Portable Test System (PTS) Data Recording Operations Phase 1
	FE-1	
10:15-10:25 F		LOCAD Swab Ops With Video
10:35-11:05 C	CDR	Hygiene Procedures
10:55-11:00 F	-E-1	LOCAD Portable Test System (PTS) Data Recording Operations Phase 1
11:05-12:35		EPO Discussion of International Crew Life
12:35-12:55		Crew Weekly Conference With ESA (S-band)
12:55-13:55		LUNCH
13:55-14:10		Crew Conference with Astronaut Office Management (S-band)
14:10-14:25 F	FE-4	PWD Cleaning
14:10-15:10 F	-E-2	Crew Departure Prep
14:10-14:20 F	FE-3	BAR. TTM-2 Charge Termination
14:10-14:20 F		LOCAD Swab Ops With Video
14:20-16:50 C	CDR, FE-3	BAR. Experiment Ops (CDR and FE3)
14:25-14:40 F	-E-4	Food Frequency Questionnaire
14:40-16:10 F	-E-4	Physical Exercise (ARED)
14:50-14:55 F	-E-1	LOCAD Portable Test System (PTS) Data Recording Operations Phase 1
14:55-15:05 F	-E-1	LOCAD Swab Ops With Video
15:20-16:20 F	-E-2	Physical Exercise (TVIS)
15:35-15:40 F	FE-1	LOCAD Portable Test System (PTS) Data Recording Operations Phase 1
15:40-15:55 F	FE-1	LOCAD Portable Test System (PTS) Experiment Phase 1 Stow
15:55-17:25 F	E-5	Physical Exercise (ARED)
	-E-1	Food Frequency Questionnaire
16:10-17:10 F	-E-1	Physical Exercise (TVIS)
	-E-2	Food Frequency Questionnaire
	 -E-3	BAR. Kelvin-Video Charging (start)
	CDR	IMS Update
	CDR	Physical Exercise (VELO), day 3
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		Evening Work Prep
	E-4	TVIS Weekly Maintenance
	E-4	Evening Work Prep
17:10-18:10 F 17:10-18:40 F 17:45-18:35 F	FE-3 FE-1 FE-2	Physical Exercise (TVIS), day 2 Physical Exercise (ARED) Evening Work Prep

18:10-18:40	FE-3	Hygiene Procedures
18:10-18:40	CDR	СОЖ Maintenance
18:35-18:40	FE-2	Transfer TVIS, CEVIS, and HRM data to MEC
18:40-19:05		Daily Planning Conference (S-band)
19:10-19:30		Flight Director / ISS Crew Tagup (S-band)
19:30-19:35	FE-1	Video Recorder Activation
19:30-21:30	CDR, FE-2, FE-3, FE-4, FE-5	Pre-sleep
19:35-21:25	FE-1	Pre-sleep
21:25-21:30	FE-1	Video Recorder Powerdown
21:30-06:00		SLEEP

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
- 3. Pre-sleep: dinner, daily food prep, evening toilet End of Radiogram