

r/g 3563u  
**CREW REST**

form 24 for 09.29.2013

Time	Crew	Activity
06:00-06:10	FE-3	Morning inspection.
06:00-06:10	<b>CDR,FE-1,FE-2</b>	Morning inspection Laptop RS2(1) reboot RSS1, RSS2 restart
06:00-06:05	FE-5,FE-6	REACTION- self-test
06:05-06:10	FE-5,FE-6	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	<b>CDR,FE-1,FE-2</b>	Breakfast. SM ПСС Test
06:40-07:30	FE-3,FE-5,FE-6	Breakfast
07:30-07:45	FE-3,FE-5,FE-6	Work Prep
07:45-08:00	FE-3,FE-5,FE-6	Daily Planning Conference ( <i>S-band</i> )
08:00-08:15	FE-5	Centerline Berthing Camera System (CBCS) Installation and Powerup
08:10-08:20	FE-6	Cygnus PCS Command and PROX Link Verification
08:15-08:20	FE-5	RWS. High Definition (HD) Monitor Downlink Setup
08:20-08:40	FE-5	Configure Lab and Cup RWS for monitoring Cygnus Approach
08:40-09:20	FE-5,FE-6	Cygnus R-BAR Approach
09:00-10:30	<b>CDR</b>	EXERCISE ARED
09:00-10:30	<b>FE-2</b>	EXERCISE VELO - familiarization
09:20-10:20	FE-5,FE-6	Cygnus Retreat and Hold Commanding
10:20-11:05	FE-5,FE-6	Cygnus R-BAR Approach
11:05-11:25	FE-5,FE-6	SSRMS Cygnus Capture
11:25-11:55	FE-5,FE-6	SSRMS Cygnus Maneuver for PCBM Inspection
11:30-12:20	<b>CDR</b>	ASEPTIK. "Glove box - C" hw prep. <i>Tagup with specialists if needed</i>
11:55-12:25	FE-6	CYGNUS PCBM Nadir Inspect
12:05-13:05	FE-5	Lunch
12:25-13:00	FE-6	Lunch
13:00-13:05	FE-6	Node 2 Nadir Common CBM Verify Pre-mate Status
13:05-13:35	FE-5,FE-6	Maneuver Cygnus to ready-to-latch position with SSRMS
13:10-14:10	<b>CDR,FE-1,FE-2,FE-3</b>	Lunch
13:35-14:10	FE-6	Node 2/Cygnus CBM Capture and Abolts
13:45-13:50	FE-5	SSRMS - Limp mode during Cygnus Installation
14:10-14:50	<b>CDR</b>	COЖ Maintenance. <b>Downlink data from CBO, CГО, СПКУ ACY counter, УОВ "Помок" in SM and FGB</b>
14:10-14:15	FE-3	Space Headaches - Daily Questionnaire
14:10-14:15	FE-5,FE-6	SSRMS Cygnus Installation Brake

14:15-14:25	FE-3	HRF Generic Saliva Collection Setup
14:15-14:45	FE-5	CBCS Camera Remove
14:15-14:40	FE-6	Lunch
14:45-14:50	FE-6	RWM HD Video Downlink Deactivation
14:50-15:05	FE-6	Remove Mini-Cam and AVIU from Node 3/ Cupola
14:55-16:20	FE-5	Cygnus/Node 2 Pressurization and Leak Check
15:05-15:45	FE-6	Cygnus HCP Switch OFF and Temporary Stow in JPM
16:05-17:35	<b>FE-1</b>	EXERCISE BD-2 - familiarization
16:20-17:35	FE-5,FE-6	Node 2 Nadir to Cygnus Vestibule Outfitting, Part 1
17:35-18:35	<b>CDR</b>	EXERCISE BD-2 -4
17:35-18:35	FE-5	EXERCISE T2
17:35-18:35	FE-6	EXERCISE CEVIS
17:45-18:00	FE-3	Private medical conference
18:35-19:05	<b>CDR,FE-1, FE-2,FE-3, FE-5</b>	Evening work prep
18:35-18:55	FE-6	Evening work prep
18:55-19:05	FE-6	Cygnus PROX Switch OFF
19:05-19:30	.	Daily Planning Conference ( <i>S-band</i> )
19:30-21:25	FE-3,FE-5,FE-6	Pre-sleep
19:30-21:30	<b>CDR,FE-1, FE-2</b>	Pre-sleep
21:25-21:30	FE-6	REACTION- self-test
21:25-21:30	FE-3	REMINDER - HRF Generic Saliva Collection
21:25-21:30	FE-5	REACTION- self-test
21:30-06:00	.	Sleep
<b>Task List</b>	<b>CDR</b>	Prepare reports for Roskosmos web-site
		URAGAN. Observation and photography
		SEYNER. World ocean study
		Recording video for Roskosmos press office
		EKON-M. Observation and photography
	<b>CDR,FE-1, FE-2,FE-3, FE-5,FE-6</b>	Video Documentation for ISS 15th Anniversary

**Comments:**

1. Window shutter #9 opening will be at crew discretion and **report to MCC**
  2. Pre-sleep: evening meal, food preparation, evening hygiene
  3. **Russian crew shall use US exercisers in strict compliance with F24 or OSTPV.**
  4. No T2 Exercise:08:18-08:28, 11:27-13:05 (GMT)
  5. No Exercise: 10:45-11:27,13:05-14:10 (GMT)
- end of r/g