Radiogram No. 8420u CREW OFF DUTY

Form 24 for 08/23/08

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:10	CDR	Weekly Housekeeping. Screen cleaning in BПхО, ФС5, ФС6, ФС9, ВПрК,
07:30-10:00	FE-1	DC1 B3, FGB ЦВ2
08:10-08:25	CDR	БМП Ф1 Absorption Cartridge Regeneration (start)
08:25-10:45	CDR	Weekly Housekeeping. Screen cleaning in BПхО, ФС5, ФС6, ФС9, ВПрК, DC1 B3, FGB ЦВ2
10:00-10:15	FE-1	URAGAN. Observations and Photography
10:15-10:40		Weekly Housekeeping. Screen cleaning in BПхО, ФС5, ФС6, ФС9, ВПрК, DC1 B3, FGB ЦВ2
10:15-11:45	FE-2	Physical Exercise (RED)
10:40-11:00	FE-1	Private Family Conference (Ku + S-band)
10:45-12:15	CDR	Physical Exercise (TVIS), day 3
11:45-12:45	FE-2	Physical Exercise (CEVIS)
11:45-12:45	FE-1	Physical Exercise (VELO+RED), day 3
12:15-12:35	CDR	Private Family Conference (Ku + S-band)
12:45-13:45		LUNCH
13:45-14:15		Weekly planning conference (S-band)
14:25-14:30	FE-2	MSG, data downlink verification, step 1
14:30-14:40		Glove Box (MSG): activation
14:40-14:55		SHERE - power up
14:55-15:10		Access to CGBA before the run
15:10-15:35		Module installation
15:35-15:40		MSG, data downlink verification, step 1
15:40-16:00		Module removal
16:00-16:15		Access to CGBA between the runs
16:15-16:40		Module installation
16:20-17:50	FE-1	Physical Exercise (TVIS), day 3
16:45-17:05	FE-2	Module removal
17:05-17:20		Access to CGBA between the runs
17:20-17:45		Module installation
17:50-18:50	CDR	Physical Exercise (VELO+RED), day 3
17:50-18:10		Module removal
18:10-18:20		Access to CGBA after the run
18:20-18:25	FE-2	Data transfer
18:25-18:40		Food frequency questionnaire
18:45-19:00		SHERE - experiment power off
18:50-19:30	FE-1	СОЖ maintenance

CDR	Transfer of TVIS, RED, and HRM data to MEC
FE-2	Data downlink
	MSG - power down
	DINNER
	Daily Food Prep
CDR	Pre-sleep
FE-1, FE-2	Pre-sleep
CDR	БМП Ф1 Absorption Cartridge Regeneration (termination)
	SLEEP
CDR	ECON. Observations and photography
FE-1	URAGAN. Observations and photography
	CDR FE-1, FE-2 CDR

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