

Radiogram No. 7217u

Form 24 for 03/08/08

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning Inspection
06:00-06:20	FE-2	Nutrition: urine collection
06:10-06:40	FE-1	Post-sleep
06:10-06:35	CDR	
06:20-06:30	FE-2	Nutrition: urine sample 1 insertion in MELFI
06:30-06:50	FE-2	Nutrition: blood sample collection for analysis
06:35-06:50	CDR(operator)	
06:40-07:30	FE-1	BREAKFAST
06:50-07:30	CDR	
06:50-07:00	FE-2	Repository Refrigerated Centrifuge Setup
07:00-07:10		Repository Refrigerated Centrifuge Configure
07:10-07:35		Post-sleep. BREAKFAST
07:30-10:30	FE-1	Weekly cleaning; Screen Cleaning - ВПхО; ΦC5, ΦC6, ΦC9 (ВДПpK); ВПpK; DC1 B3; FGB QB2 fan
07:30-07:40	CDR	SWAB- Unstow
07:40-08:50		Water and air biochemistry samples
07:40-08:00	FE-2	Nutrition: blood sample insertion in MELFI
08:00-08:10		Nutrition hardware and refrigerated centrifuge final stowage
08:10-10:35		Weekly cleaning
08:50-09:05	CDR	Samples and sampling kit stow
09:05-12:05		Weekly cleaning
10:30-11:30	FE-1	Physical Exercise (VELO+RED), day 2
10:50-11:10	FE-2	Nutrition: urine collection
11:10-11:15		Nutrition: urine sample insertion in MELFI
11:55-12:55		Physical Exercise (TVIS)
12:50-12:55	FE-1	On MCC Go ISS O2 repress from Progress 363 CpΠK-2 (start)
12:55-13:55	.	LUNCH
13:55-14:00	FE-1	ISS O2 repress from Progress 363 CpΠK-2 (terminate)
14:00-14:30	.	Weekly Planning Conference (<i>S-band</i>)
14:40-14:50	CDR	SWAB – air sample stow and set up hardware for zone 1 sampling
14:45-15:00	FE-2	Private Psychological Conference (<i>S-band</i>)
14:50-15:10	CDR	SWAB - Zone 1 Air Sampling
15:10-15:20		SWAB - temp stow/preparation
15:40-15:50		SWAB - temp stow/preparation
15:45-16:05	FE-2	Nutrition: urine collection
16:05-16:10		Nutrition: urine sample insertion in MELFI
16:10-16:20	CDR	SWAB - temp stow/preparation
16:20-16:25	FE-2	Elite-S2 – IMU Power Activation
16:25-17:55		Physical Exercise (RED)
16:40-16:50	CDR	SWAB - temp stow/preparation

16:55-17:55		Physical Exercise (CEVIS)
17:20-18:50	FE-1	Physical Exercise (TVIS), day 2
17:55-19:25	CDR	Physical Exercise (RED)
17:55-18:00	FE-2	Elite-S2 – IMU power deactivation
18:50-19:30	FE-1	COЖ Maintenance
19:05-19:25	FE-2	Nutrition: urine collection
19:25-19:30	CDR	Transferring TVIS, RED, and HRM data to MEC
19:25-19:30	FE-2	Nutrition: urine sample insertion in MELFI
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check / r/g 7057
		PLANTS-2. Recharging water tank
		URAGAN. Observations and photography
		ECON. Observations and photography
		MATRYOSHKA-R. MOSFET-dosimeter monitoring

Notes: 1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion, with Report to MCC
End of Radiogram