

Radiogram No. 4914u

Form 24 for 12/22/2010

ISS REBOOST USING 8 PROGRESS 407 (AO) APPROACH & ATTITUDE CONTROL (ДПО) THRUSTERS

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Reaction Self Test
	FE-4	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-2	SONOCARD Experiment Termination
	FE-1, FE-5, FE-6	Morning Inspection
06:05-06:10	FE-4	
	CDR	
06:10-06:30	CDR	Post-sleep
06:10-06:20	FE-1, FE-2, FE-4	Calf Volume Measurement (<i>FE-4 should use kit #97 b/c 00055679R, CM1PO_2_Medlocker_c3</i>)
06:10-06:35	FE-6	Post-sleep
06:10-06:40	FE-5	
06:20-06:45	FE-4	
06:20-06:30	FE-1	MO-8. Setup
06:20-06:50	FE-2	Post-sleep
06:30-06:55	FE-1	
06:30-06:35	CDR	Body Mass Measurement
06:35-07:30		BREAKFAST
06:35-06:40	FE-6	Body Mass Measurement
06:40-07:30		BREAKFAST
06:40-06:45	FE-5	Body Mass Measurement
06:45-07:30		BREAKFAST
06:45-06:50	FE-4	Body Mass Measurement
06:50-07:30		BREAKFAST
06:50-06:55	FE-2	Body Mass Measurement
06:55-07:30		BREAKFAST
06:55-07:00	FE-1	Body Mass Measurement
07:00-07:10		MO-8. Cleanup
07:10-07:30		BREAKFAST
07:30-07:50		Daily Planning Conference (<i>S-band</i>)
07:50-08:05	CDR	Work Prep
07:50-08:10	FE-1, FE-2, FE-4, FE-6	
07:55-08:15	FE-5	Acoustic Dosimeters: Hardware Setup For Static Measurements
08:05-08:10	CDR	WHC UPA Config
08:10-08:25	FE-2	SONOCARD Data Copy to RSE-MED Laptop and Data Downlink Using OCA
08:10-08:15	CDR	CGBA-5 Status Check
08:15-09:45		Physical Exercise (ARED)
08:15-08:30	FE-6, FE-5	CMS and ARED Introduction

08:25-09:05	FE-4	24-hour ECG Holter Monitoring (term)
08:30-09:20	FE-6	ISS Crew Orientation
08:30-09:00	FE-5	ISS Crew Orientation
08:30-12:00	FE-1	PILOT-M FE-1 runs the experiment using Neurolab. <i>Tagup with specialists (S-band)</i>
08:40-09:10	FE-2	CMO Proficiency Training
09:00-09:05	FE-5	EPM Powering EPM Laptop (28V) from EPM Left Utility Distribution Panel
09:05-09:30		Neurospat Data Saving
09:10-09:30	FE-2	PILOT. Assistance with the experiment using Neurolab
09:20-10:20	FE-6	Physical Exercise (CEVIS)
09:30-09:40	FE-5	USOS Window Shutter Close
09:35-10:15	FE-4, FE-2	Fill EDV [KOB] for Elektron from CWC #1050
09:45-11:00	FE-5	ARED Lubrication
09:45-13:00	CDR	Caution & Warning Book Update
10:15-10:55	FE-2	COЖ Maintenance
10:20-10:40	FE-6	Clean Bench (CB) Setup
10:20-11:20	FE-4	ODF Replacement
10:40-11:40	FE-6	Clean Bench (CB) Chamber Cleaning and Relief Valve Checkout
11:00-12:00	FE-2	Physical Exercise (ARED)
11:00-11:20	FE-5	ISS Crew Orientation
11:25-11:40		Neurospat Final Stowing
11:30-13:00	FE-4	Physical Exercise (TVIS), Day 3
11:40-11:55	FE-5	Private Family Conference
11:40-11:55	FE-6	Clean Bench (CB) Stow 1
11:55-12:05		PAO Hardware Setup
12:00-13:00	FE-1	Physical Exercise (VELO), Day 2
12:00-12:20	FE-2	IZGIB-DAKON PL Health Check. <i>Tagup with specialists (S-band)</i>
12:00-13:30	FE-5	Physical Exercise (ARED)
12:05-12:15	FE-6	Crew Prep For PAO
12:15-12:35		PAO Event
12:25-13:25	FE-2	Replacing RSK1 ThinkPad A31p laptop with ThinkPad T61, a new generation laptop. <i>Tagup with specialists (S-band)</i>
12:35-12:40	FE-6	PAO Hardware Deactivation
12:45-13:05		Clean Bench (CB) Stow 2
13:00-13:10	FE-1	КОБ2 4ГБ4 Half-Coupling Shell Coolant Leak Check
13:00-13:30	CDR	Crew Medical Officer (CMO) proficiency training
13:10-13:25	FE-1	Inspection of CPB-K2M Sediment Trap Insert
13:10-13:30	FE-4	IMS Update
13:25-14:25	FE-1, FE-2	LUNCH
13:30-14:30	CDR, FE-4 , FE-5, FE-6	
14:25-15:05	FE-2	Download Pille Dosimeter Readings
14:25-14:45	FE-1	REGUL-PACKET reconfiguration to REGUL String 1

14:30-16:45	CDR, FE-4 , FE-5, FE-6	Emergency Egress Drill
15:05-15:20	FE-2	IZGIB -DAKON. Hardware Activation
15:10-16:00	FE-1	MATRYOSHKA-R. BUBBLE-dosimeter initialization and deployment for exposure
15:45-15:55		Stow video equipment used to record TVIS exercise
15:55-16:00	FE-2	IZGIB -DAKON. Payload Status Check
16:00-17:30		Physical Exercise (TVIS), Day 2
16:40-17:00	FE-1	СУБА-БСПН Log File Dump. <i>Tagup with specialists (S-band)</i>
16:45-17:05	CDR	BCAT5 Camera Check Without SSC
16:45-17:00	FE-6	Treadmill T2 Monthly Inspection
16:45-17:45	FE-4	Crew time for ISS adaptation and orientation
17:00-18:30	FE-1	Physical Exercise (TVIS), Day 2
17:05-17:50	FE-5	Reload PCS at Cupola RWS
17:20-18:20	CDR	Physical Exercise T 2
17:20-18:50	FE-6	Physical Exercise (ARED)
17:30-18:05	FE-2	IZGIB -DAKON. Copy data to USB, clear archive, downlink data to the ground
17:45-18:45	FE-4	Physical Exercise (VELO), Day 3
17:50-18:50	FE-5	Physical Exercise (CEVIS)
18:05-18:10	FE-2	IZGIB-DAKON. Hardware Deactivation
18:10-18:40	FE-2	INTERACTION Experiment Ops
18:30-18:40	FE-1	TVIS Video
18:35-18:50	CDR	Evening Work Prep
18:40-18:50	FE-1, FE-2	
18:45-18:50	FE-4	Elektron-VM Aerosol Filter Inspection
18:50-19:15		Daily Planning Conference (<i>S-band</i>)
19:15-19:30		Evening Work Prep
19:30-19:35	CDR	MPC Power Up
19:30-21:20	FE-1	Pre-sleep
19:30-21:30	FE-2, FE-4 , FE-5, FE-6	
19:35-21:20	CDR	
21:20-21:30	FE-1	SONOCARD Experiment Start
21:20-21:25	CDR	Reaction Self Test
21:25-21:30		MPC Power Down
21:30-06:00		SLEEP

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC** 2. See OSTP for references to US activities
 3. Pre-sleep ops / (daily food prep, dinner, pre-sleep)
- End of Radiogram