## Radiogram No. 4676u CREW OFF-DUTY

## Form 24 for 11/20/2010

CREW OFF-		ACTIVITY
GMT	CREW	ACTIVITY
06:00-06:10	CDR, <b>FE-</b> <b>2</b> , FE-3, <b>FE-5</b>	Morning Inspection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-6	PROK- PH Urine Test
06:05-06:10	<b>FE-1</b> , FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR, FE- 3, FE-6	Weekly Housekeeping
07:30-09:45	FE-2	Weekly Housekeeping
07:30-08:10	FE-1	SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning
08:10-08:20	FE-1	SM VHF1, VHF2 Backup String Test
08:20-09:30	FE-1	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning
08:40-10:10	FE-5	Physical Exercise (TVIS), Day 1
09:30-10:00	FE-1	Skills training for the Shuttle R-Bar Pitch Maneuver
09:45-09:55	FE-2	SM VHF1, VHF2 Backup String Test
09:55-10:30	FE-2	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning
10:00-10:05	FE-1	Transfer photo camera images obtained during RPM OBT
10:05-11:35	FE-1	Physical Exercise (TVIS), Day 2
10:30-11:30	CDR	Physical Exercise T 2
10:30-11:30	FE-2	Physical Exercise (ARED)
11:30-13:00	CDR	Physical Exercise (ARED)
11:35-11:40	FE-2	PAO Hardware Setup
11:40-11:50	FE-1, FE- 2, FE-5	Crew Prep for PAO
11:50-12:10	FE-1, FE- 2, FE-5	TV Conference for Nauka 2.0 (Science) Project (Ku+S-band)
12:10-12:40	FE-1	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning Cleaning Potok-150MK Air Purification System Pre-filters in SM and FGB
12:40-12:50	FE-2, FE-5	TV Conference for the Ring from Orbit Project (Ku+S-band)
12:45-13:00	FE-6	Food Frequency Questionnaire
12:50-12:55	FE-2	Post-PAO Hardware Deactivation
12:55-13:00	FE-3	WHC Configuration
13:00-14:00		LUNCH
14:00-14:30		Weekly Planning Conference (S-band)

14:30-14:35	FE-6	PROK Diet Logging (Day 2-4)
14:30-16:00	FE-5	Soyuz 229 Stowage Operations
14:30-15:10	FE-2	СОЖ Maintenance
14:30-14:45	CDR	Food Frequency Questionnaire
15:05-15:10	FE-3	Multi-Protocol Converter (MPC) Activation for PL
15:10-15:20	FE-3	Cassette Stowage
15:30-17:00	FE-2	Physical Exercise (TVIS), Day 2
16:00-18:00	FE-5	Inspection of MRM1 hatch cover sealing mechanism (MFK), vacuum cleaning. Completion status report (S-band)
16:20-16:25	FE-3	Multi-Protocol Converter (MPC) Deactivation for PL
16:30-18:00	FE-3	Physical Exercise (ARED)
16:35-16:40	FE-6	BCAT Camera Checkout
16:40-17:00	FE-6	Installation of Urine Receptacle in Human Research Facility
17:00-18:00	FE-6	Physical Exercise (CEVIS)
17:55-18:00	FE-1	Elektron-VM Aerosol Filter Inspection
18:00-19:00	FE-1	Physical Exercise (VELO), Day 2
18:00-19:30	FE-6	Physical Exercise (ARED)
18:00-19:00	FE-3	Physical Exercise T 2
18:00-19:30	FE-5	Physical Exercise (TVIS), Day 1
18:15-18:30	CDR	Private Family Conference (Ku+S-band)
19:30-21:30		Pre-sleep
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
  Pre-sleep ops: dinner, daily food prep, evening toilet
  End of Radiogram