

Radiogram No. 3551u

Form 24 for 07/10/2010

**CREW OFF-DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:05	<b>CDR</b>	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-2	SLEEP Data Log Entry
06:00-06:10	<b>FE-3, FE-5</b>	Morning Inspection
06:00-06:05	FE-4	PROK- PH Urine Test
06:00-06:05	FE-6	PROK- PH Urine Test
06:05-06:10	<b>CDR, FE-2</b>	Morning Inspection
06:05-06:10	FE-4, FE-6	SLEEP Data Log Entry
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	<b>CDR, FE-3, FE-5</b>	Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, FGB LCB2 Fan Cleaning
07:30-10:30	FE-2, FE-4, FE-6	Weekly Housekeeping
10:30-12:00	<b>CDR</b>	Physical Exercise (TVIS) Day 3
10:30-12:00	FE-6	Physical Exercise (ARED)
10:50-11:20	<b>FE-5</b>	Progress 406 Rodnik Water 5B2 Tank Bladder Compression
11:00-11:15	<b>FE-3</b>	Private Family Conference ( <i>S+Ku-band</i> )
11:50-12:00	FE-2	Stow Earlier Installed Formaldehyde Monitoring Kit (FMK)
11:50-12:20	<b>FE-5</b>	Progress 406 Rodnik Water 5B2 Tank Bladder Compression
12:00-12:40	<b>CDR</b>	COX Maintenance
12:00-13:00	FE-6	Physical Exercise T 2
12:10-13:10	<b>FE-3</b>	Physical Exercise (ARED)
13:10-14:10		LUNCH
14:10-14:15	FE-4	PROK Diet Logging (Day 1)
14:10-14:15	FE-6	PROK Diet Logging (Day 2)
14:20-14:50		Weekly Planning Conference ( <i>S-band</i> )
15:00-15:15	FE-4	Private Family Conference
15:20-16:50	<b>FE-3</b>	Physical Exercise (TVIS) Day 4
15:20-16:50	FE-4	Physical Exercise (ARED)
16:00-16:15	FE-6	Private Family Conference
16:50-17:50	<b>CDR</b>	Physical Exercise (VELO), Day 3
16:50-17:50	FE-2	Physical Exercise (CEVIS)
16:50-17:50	<b>FE-5</b>	Physical Exercise (ARED)
17:00-18:00	FE-4	Physical Exercise T2
17:50-19:20	FE-2	Physical Exercise (ARED)
17:50-19:20	<b>FE-5</b>	Physical Exercise (TVIS) Day 4
18:00-18:05	<b>CDR</b>	Elektron-VM Aerosol Filter Inspection
18:00-18:10	FE-4	T2 Snubber Arm Inspection
19:10-19:30	FE-6	Urine Sampling Kit Prep

19:25-19:30	<b>FE-5</b>	Progress 406 Rodnik Water 5B2 Tank Bladder Compression
19:30-21:30		Pre-sleep
21:30-06:00	<b>CDR, FE-2, FE-3, FE-5, FE-6</b>	SLEEP
21:30-22:57	FE-4	SLEEP
22:57-23:02	FE-4	HAM Radio Setup
23:02-23:12	FE-4	HAM Radio Session
23:12--06:00	FE-4	SLEEP
<b>Task List</b>	<b>CDR</b>	ECON. Observations and Photography
	<b>FE-3</b>	URAGAN. Observations and Photography

**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: dinner, daily food prep, evening toilet
- End of Radiogram