

Radiogram No. 1177u

Form 24 for 09/20/09

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-3	Morning Inspection
06:00-06:05	FE-1,FE-2, FE-4,FE-5	SLEEP Data Log Entry
06:05-06:10	FE-1,FE-2	Morning Inspection
06:05-06:30	FE-5	Post-sleep
06:05-06:25	FE-4	Nutrition and Repository Urine Sample Collection
06:10-06:40	CDR,FE-1, FE-2,FE-3	Post-sleep
06:25-06:30	FE-4	Nutrition and Repository Urine Sample MELFI Insertion
06:30-06:45	FE-5	Nutrition and Repository - Blood Draw Operator
06:30-06:50	FE-4	Nutrition and Repository - Blood Samples
06:40-07:30	CDR,FE-1, FE-2,FE-3	BREAKFAST
06:45-06:55	FE-5	Post-sleep
06:50-07:00	FE-4	Nutrition and Repository Refrigerated Centrifuge Setup
06:55-07:15	FE-5	Nutrition: Urine Collection
07:00-07:10	FE-4	Nutrition and Repository - Refrigerated Centrifuge Config
07:10-07:30	FE-4	Post-sleep
07:15-07:20	FE-5	Nutrition: Insert Urine Sample into MELFI
07:20-07:30	FE-5	BREAKFAST
07:40-08:00	FE-4	Nutrition and Repository Blood Sample Insertion into MELFI
08:00-08:10	FE-4	Nutrition and Repository - Stow Blood Sample Collection and Processing Hardware
08:40-10:10	FE-2	Physical Exercise (ARED)
10:10-11:40	FE-4	Physical Exercise (ARED)
10:10-11:10	FE-2	Physical Exercise (CEVIS)
10:30-11:30	FE-1	Physical Exercise (TVIS)
11:30-12:30	CDR	Physical Exercise (TVIS), day 2
11:40-12:40	FE-4	Physical Exercise (CEVIS)
11:40-12:40	FE-3	Physical Exercise (VELO), day 1
12:05-12:25	FE-5	ESA Conference (<i>S-band</i>)
12:25-12:45	FE-5	Nutrition: Urine Collection
12:30-13:00	CDR	Hygiene Procedures
12:40-12:55	FE-3	Private Family Conference (<i>Ku+S-band</i>)
12:45-12:50	FE-5	Nutrition: Insert Urine Sample into MELFI
12:50-13:20	FE-5	LUNCH
13:00-14:00	CDR,FE-1,FE-2, FE-3,FE-4	
13:20-13:35	FE-5	Private Family Conference (<i>Ku+S-band</i>)
13:35-14:05	FE-5	LUNCH

14:00-14:20	FE-4	Nutrition and Repository Urine Sample Collection
14:20-14:25	FE-4	Nutrition and Repository Urine Sample MELFI Insertion
14:25-14:45	FE-4	Nutrition and Repository: Stow Urine Sampling Equipment
15:05-15:45	CDR	COЖ Maintenance. <i>CBO, CП, and POTOK Air Purification System data calldowns</i>
15:20-15:35	FE-2	Private Family Conference (<i>Ku+S-band</i>)
15:45-17:15	FE-5	Physical Exercise (ARED)
15:45-16:45	CDR	Physical Exercise (TVIS), day 2
16:45-17:45	FE-3	Physical Exercise (TVIS), day 1
17:10-17:25	FE-4	Private Family Conference (<i>Ku+S-band</i>)
17:15-18:15	FE-5	Physical Exercise (CEVIS)
17:15-18:45	FE-1	Physical Exercise (ARED)
17:45-18:15	FE-3	Hygiene Procedures
18:10-18:15	FE-4	HAM Radio Powerdown
18:10-18:15	FE-2	JEM Window Shutter Closure
18:15-19:05	CDR,FE-2,FE-3, FE-4,FE-5	Evening Work Prep
18:45-19:05	FE-1	
19:05-19:15	.	Pre-sleep
19:15-19:40	.	Daily Planning Conference (<i>S-band</i>)
19:40-20:00	FE-1	Pre-sleep
19:40-21:30	CDR,FE-2,FE-3, FE-4,FE-5	
20:00-20:15	FE-1	Private Family Conference (<i>Ku+S-band</i>)
20:15-21:30	FE-1	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR,FE-3	URAGAN. Observations and Photography
		ECON. Observations and Photography
	FE-3	SEINER Ocean Observations

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: dinner, daily food prep, evening toilet

End of Radiogram