Radiogram No. 0073u Form 24 for 04/17/2009 CTTC [TELEPHONE AND TELEGRAPH COMMUNICATION SYSTEM] ROUTINE MAINTENANCE

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning Inspection
06:00-06:05	FE-2	SLEEP FE2 Data Log
06:05-06:10	FE-2	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR,FE-2	BREAKFAST
06:40-06:55	FE-1	
06:55-07:10	FE-1	Crew Discretionary Conference (S-band)
07:10-07:30	FE-1	BREAKFAST
07:30-07:35	FE-2	HAM Radio Setup
07:30-07:40	FE-1	Prep for Work
07:30-07:45	CDR	
07:35-07:45	FE-2	HAM Radio Session
07:40-07:45	FE-1	BCAT-4 Camera Checkout
07:45-08:00		Daily Planning Conference (S-band)
08:00-08:15		ISS Crew and ГОГУ (RSA Flight Control Team) Weekly Conference (S-band)
08:15-11:15	CDR,FE-1	CTTC Routine Ops (LF link and VHF receiver health check). Tagup with specialists (S-band +VHF)
08:15-08:25	FE-2	Prep for Work
08:25-08:30	FE-2	Express5 Rack Power Up
08:30-08:45	FE-2	ARED: Flywheel Cylinder Removal
08:45-10:15	FE-2	Physical Exercise (ARED)
10:15-11:15	FE-2	Physical Exercise (TVIS)
11:15-12:15	FE-1	Physical Exercise (TVIS)
11:15-11:25	CDR	CTTC comm assets switchover to a backup string
11:15-11:20	FE-2	TVIS Weekly Maintenance
11:20-12:50	FE-2	TVIS IFM Procedure Printout
11:25-11:40	CDR	IMS Tagup (S-band)
11:40-12:00	CDR	MATRYOSHKA-R. Monitoring Lulin-5 readings
12:00-12:10	CDR	Restoring RS1 Laptop Nominal Load (start). Tagup with specialists (S-band)
12:10-13:10	CDR	Physical Exercise (VELO) day 2
12:15-13:15	FE-1	Crew time for ISS adaptation and orientation
12:50-13:05	FE-2	Food Frequency Questionnaire
13:05-13:15	FE-2	Potable Water Dispenser (PWD) - Daily Ambient Flush
13:10-13:20	CDR	Restoring RS1 Laptop Nominal Load (terminate). Tagup with specialists (S-band)
13:15-13:20	FE-1	Opening LAB window shutters
13:15-13:20	FE-2	Connect DCP power cable
13:20-13:40		Weekly crew conference with the ISS Program Management (S-band)
13:40-14:40		LUNCH
14:40-16:10	CDR	Scheduled Maintenance of Elektron Liquid Unit #056
14:40-15:10	FE-1,FE-2	DOUG Software Review
15:10-17:10	FE-1,FE-2	SSRMS Ops

16:10-17:00	CDR	Crew time for ISS adaptation and orientation
17:00-18:30	CDR	Physical Exercise (TVIS), day 2
17:10-17:50	FE-2	Water sample analysis T+2 days
17:10-18:40	FE-1	Physical Exercise (ARED)
18:10-18:30	FE-2	Nutrition and Repository - Equipment Setup For Urine Sample Collection
18:30-18:40	CDR	Evening Work Prep
18:30-18:40	FE-2	Nutrition and Repository - Equipment Configuration For Blood Sample Collection
18:40-18:55		Daily Planning Conference (S-band)
18:55-19:10	CDR	Evening Work Prep
18:55-19:00	FE-2	
18:55-19:05	FE-1	
19:00-19:05	FE-2	Disconnect Display and Control Panel (DCP) Power Cable
19:05-19:10	FE-2	Transfer TVIS, CEVIS, and HRM data to MEC
19:05-19:10	FE-1	JPM and LAB window shutter closure
19:10-20:00		Presleep (dinner, daily food prep, evening toilet)
20:00-20:20		Flight Director / ISS Crew Tagup (Ku + S-band)
20:20-21:30		Presleep (dinner, daily food prep, evening toilet)
21:30-06:00		SLEEP
Task List	CDR	СОЖ Maintenance
		IMS Update

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
 End of Radiogram