

Radiogram No. 4130u

Form 24 for 11/28/2013

CREW OFF-DUTY

TIME	CREW	ACTIVITY
08:00-08:10	CDR, FE-2, FE-3, FE-5	Morning Inspection
08:00-08:10	FE-4	Morning Inspection. Laptop RS1(2) Reboot RSS1,2 Reboot
08:00-08:05	FE-6	REACTION - Self-reaction test
08:05-08:10	FE-6	Morning Inspection
08:10-08:40		Post-sleep
08:40-09:30	FE-2, FE-3, FE-4, FE-5, FE-6	BREAKFAST
08:40-09:30	CDR	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (after breakfast)
09:35-09:50	FE-3, FE-5, FE-6	Daily Planning Conference (<i>S-band</i>)
09:50-10:05	FE-3, FE-5, FE-6	Work Prep
10:05-10:10	FE-3	ISERV - Opening window shutters in the LAB
10:10-10:20	FE-5	HAM Radio Power Up
10:10-11:40	FE-3	Periodic Fitness Evaluation - Nom Ops (subject)
10:25-10:50	FE-6	COSMO - Camera Preparation
10:45-11:15	FE-5	Periodic Fitness Evaluation - Nom Ops (assistance)
10:50-11:00	CDR	Private Medical Conference with Physical Exercise Specialists (<i>S-band</i>)
10:50-11:10	FE-6	COSMO - Setting Camera, Connecting Microphone
11:00-11:10	FE-2	Private Medical Conference with Physical Exercise Specialists (<i>S-band</i>)
11:10-11:20	FE-6	MSPR ELT - Hardware Setup
11:10-11:20	FE-4	Private Medical Conference with Physical Exercise Specialists (<i>S-band</i>)
11:15-11:25	FE-5	BLB_CR - Unstow and Gather Hardware
11:20-12:20	CDR, FE-4	Conference on specifics of ТКГ 421 docking. <i>Tagup with specialists (S-band)</i>
11:40-12:20	FE-5	BLB_CR - Swapping Hardware Element and Test
11:45-13:15	FE-3	ARED Exercise
11:50-12:10	FE-6	ANISO-D - Data Transfer
12:20-12:30	FE-5	BLB_CR - Equipment Stow
12:25-12:30	FE-6	COSMO - Camera View Check
12:30-12:45	FE-5	PHS Evaluation Setup
12:30-14:00	CDR	БД-2 Exercise, Day 3
12:35-12:45	FE-6	MSPR ELT - Closeout Ops
12:45-13:00	FE-6	Periodic Health Status - Subject
12:45-13:00	FE-5	Periodic Health Status - Assistance

13:00-13:15	FE-5	Periodic Health Status - Subject
13:00-13:15	FE-6	Periodic Health Status - Assistance
13:10-13:30	FE-4	24-hour BP Monitoring (terminate)
13:15-13:35	FE-5	Periodic Health Status (PHS) Data Entry and Stowage of All Hardware Used in PHS
13:15-13:20	FE-6	Set up video equipment to record ARED exercise
13:20-14:50	FE-6	ARED Exercise
13:30-15:00	FE-4	БД-2 Exercise, Day 3
14:00-15:00	CDR	VELO Exercise, Day 3
14:10-15:10	FE-3	LUNCH
14:40-15:00	FE-2	VIRU. Software Upgrade. <i>Tagup with specialists (S-band)</i>
15:00-16:00	CDR, FE-2, FE-4, FE-5, FE-6	LUNCH
15:10-15:25	FE-3	Private Family Conference
16:00-16:40	FE-2	COЖ Maintenance
16:00-16:15	CDR, FE-3	Food Handover form USOS to RS
16:00-17:00	FE-4	Replacement of SM ПФ1-4 Dust Filter Cartridge (ФГБ1ПГО_4_419_1 Zone 285 Enclosure. Reflect changes in IMS)
17:10-17:30	FE-6	BLR48 - starting measurement
17:10-17:50	FE-3	RGN REC-TNK - Remove depress hose for nominal operations
17:30-17:45	FE-6	MG - Detachment
17:45-18:10	FE-6	CBEF - Experiment Ops
18:00-18:05	FE-5	Verify camcorder setup
18:00-18:35	FE-2	Evening Work Prep
18:05-19:30	FE-5	ARED Exercise
18:10-19:10	FE-4	VELO Exercise, Day 3
18:15-18:25	FE-6	COSMO - Hardware Deactivation, Closeout
18:25-18:30	FE-6	Data downlink from 4K camera - start
18:30-18:45	FE-6	Private Family Conference
18:35-19:35	FE-2	БД-2 Exercise, Day 2
18:45-19:45	FE-6	T2 Exercise
19:20-20:05	FE-3	Scheduled Maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
19:30-19:45	FE-5	JRNL - Questionnaire Data Entry
19:35-21:05	FE-2	ARED Exercise
19:45-20:45	FE-5	T2 Exercise
20:10-20:20	FE-6	Data downlink from 4K camera - Terminate
20:20-20:30	FE-6	Food Frequency Questionnaire
20:30-21:05	CDR, FE-3, FE-4, FE-6	Evening Work Prep
20:45-20:50	FE-5	Stow Video Equipment Used for ARED Exercise Video

20:50-21:05	FE-5	Evening Work Prep
21:05-21:30		Daily Planning Conference (<i>S-band</i>)
21:30-23:20	FE-2	Pre-sleep
21:30-23:30	CDR, FE-3, FE-4	Pre-sleep
21:30-23:25	FE-6	Pre-sleep
21:30-21:45	FE-5	Pre-sleep
21:45-22:00	FE-5	Private Family Conference
22:00-23:30	FE-5	Pre-sleep
23:20-23:30	FE-2	VIRU. Battery Charge (start)
23:25-23:30	FE-6	REACTION - Self-reaction test
23:30-09:00		SLEEP
Task List	CDR	Food Rations Setup
	CDR, FE-2, FE-4	URAGAN Observations and Photography
		ECON-M. Observations and Photography
		Preparation of reports for Roscosmos site

Note:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
2. Pre-sleep ops: Dinner, Daily food prep, pre-sleep)
3. See OSTP for references to US activities.

4. Russian crew uses US exercise equipment strictly per F24 or OSTPV

End of Radiogram