

Radiogram No. 3303u

Form 24 for 08/28/2013

LBNP EXERCISES. RS Attitude Control Thrusters (DO) Inhibit

TIME	CREW	ACTIVITY
06:00-06:15	CDR	KHROMATOMASS. Experiment Setup / r/g 3315
06:00-06:10	FE-2	Morning Inspection. Laptop RS2(1) Reboot SM PCC (Caution & Warning Panel) Test
06:00-06:10	FE-3	Morning Inspection
06:00-06:10	FE-4	Morning Inspection. RSS1, RSS2 Reboot
06:00-06:10	FE-5	HRF - Generic Sample Operations
06:00-06:10	FE-6	HRF - Generic Sample Operations
06:10-06:40	FE-2, FE-3, FE-4	Post-sleep
06:10-06:15	FE-5, FE-6	HRF - Sample Insertion into MELFI
06:15-06:45	CDR	KHROMATOMASS. Saliva and Blood Collection
06:15-06:25	FE-5, FE-6	Morning Inspection
06:25-06:55	FE-5, FE-6	Post-sleep
06:40-07:30	FE-2, FE-3, FE-4	BREAKFAST
06:45-07:10	CDR	Post-sleep
06:55-07:45	FE-5, FE-6	BREAKFAST
07:10-07:50	CDR	BREAKFAST
07:30-07:50	FE-2, FE-3, FE-4	Work Prep
07:45-07:50	FE-6	BIOME - Questionnaire Data Entry
07:50-08:15		Daily Planning Conference (<i>S-band</i>)
08:15-08:35	CDR	Work Prep
08:15-08:30	FE-3	GLACIER 4 Desiccant Pack Swap
08:15-08:35	FE-4, FE-5, FE-6	TK 709 Kazbek Fit Check
08:30-08:40	FE-2	PAO hardware setup /
08:30-08:40	FE-3	ROBONAUT- Camcorder Setup
08:35-09:10	FE-5	EHS MCD Water Processing
08:35-08:55	FE-6	Work Prep
08:40-08:50	CDR, FE-2, FE-4	Crew Prep for PAO
08:40-09:00	FE-3	Robonaut Taskboard Setup
08:50-09:10	CDR, FE-2, FE-4	ISS-MCC TV Interactive TV PAO with the Guests of MAKES-2013 International Aviation and Space Salon (<i>S + Ku-band</i>)
08:55-09:20	FE-6	Ocular Health (OH) Cardiac Operations
09:00-10:00	FE-3	ROBONAUT - Hardware Setup
09:10-09:25	CDR	KHROMATOMASS. Closeout Ops

09:10-09:50	FE-2	Crew Departure Prep
09:10-10:00	FE-4	24-hour ECG Recording (start)
09:10-09:15	FE-5	Ocular Health (OH) Blood Pressure Operations
09:20-09:45	FE-5	Ocular Health (OH) Blood Pressure Operations
09:20-09:35	FE-6	WRS Water Sample Analysis
09:30-09:40	CDR	Private Medical Conference with Exercise Specialist (<i>S + Ku-band</i>)
09:35-09:40	FE-6	Ocular Health (OH) Blood Pressure Operations
09:40-11:00	CDR	Pump Urine from EDB-Y to ATV tank 1
09:40-09:50	FE-6	Ocular Health (OH) - Tonometry Test Setup
09:45-09:55	FE-5	BCAT -Image Transfer
09:50-10:00	FE-2	Private Medical Conference with Exercise Specialist (<i>S + Ku-band</i>)
09:50-10:05	FE-6	HMS - Tonometry Test - CMO
09:55-10:05	FE-5	HMS - Tonometry Test - CMO
10:00-10:40	FE-2	COX Maintenance
10:00-10:05	FE-3	ROBONAUT- MPC Setup
10:00-10:10	FE-4	Private Medical Conference with Exercise Specialist (<i>S + Ku-band</i>)
10:05-10:35	FE-3	ROBONAUT System Power Up
10:05-10:20	FE-5	Ocular Health (OH). Tonometry Test Crew Medical Officer (CMO)
10:10-10:20	FE-6	Ocular Health (OH). Tonometry Test - Subject
10:10-11:00	FE-4	TV Greetings Recording for Knowledge Day and City Day
10:20-10:30	FE-5	Ocular Health (OH). Ocular Health (OH) Tonometry Test Stow
10:25-11:55	FE-6	ARED Exercise
10:30-13:30	FE-5	ATV - Retrieval of Biolab HM Arm Gripper
10:35-10:55	FE-3	WRM - Condensate Pumping Initiation
10:55-11:55	FE-3	T2 Exercise
11:00-11:50	FE-2, FE-4	Restow equipment and tools after EVA, reflect changes in IMS
11:50-12:35	CDR, FE-2 assists	Evaluation of Orthostatic Stability with LBNP (with direct transition to LBNP exercise) (To=12:16) <i>Tagup with specialists (VHF)</i>
11:55-12:15	FE-3	WRM - Terminate Condensate Pumping
11:55-13:20	FE-4	ARED Exercise
11:55-12:55	FE-6	T2 Exercise
12:35-13:35	FE-3	LUNCH
12:35-13:10	CDR, FE-2 assists	LBNP Exercise (PRELIMINARY) / <i>Tagup with specialists (S-band)</i>
12:55-13:10	FE-6	Private Medical Conference
13:10-14:10	FE-6	LUNCH
13:20-14:20	FE-4	Re-install Toilet Pretreat Container Plugs /
13:25-14:10	FE-2, CDR assists	Evaluation of Orthostatic Stability with LBNP (with direct transition to LBNP exercise)(To=13:52) <i>Tagup with specialists (VHF)</i>
13:30-14:30	FE-5	LUNCH
14:10-14:20	FE-6	TOCA 2 Data Recording

14:10-14:45	FE-2, CDR assists	LBNP Exercise (PRELIMINARY) / <i>Tagup with specialists (S-band)</i>
14:20-15:55	FE-6	Microbiological Analysis T + 5
14:25-14:40	FE-3	Private Medical Conference
14:40-16:10	FE-3	ARED Exercise
14:45-15:45	CDR, FE-2, FE-4	LUNCH
15:15-16:15	FE-5	T2 Exercise
15:45-17:15	FE-2, FE-4	Restow equipment and tools after EVA, reflect changes in IMS
15:45-16:45	CDR	Crew Departure Prep
16:05-16:15	FE-6	Crew Prep for PAO
16:10-17:10	FE-3	Crew Departure Prep
16:15-17:45	FE-5	ARED Exercise
16:15-16:25	FE-6	PAO Hardware Setup
16:25-16:45	FE-6	PAO Event
16:45-17:05	CDR	IMS Update
16:45-18:20	FE-6	HTV. Transfer Ops
17:10-17:20	FE-3	ROBONAUT System Power Down
17:15-17:30	FE-4	Routine Maintenance of KH, KB, and KД Valves in SM Rodnik Tanks /
17:15-17:45	CDR, FE-2	Evening Work Prep
17:20-17:25	FE-3	ROBONAUT - Camcorder Configuration
17:25-17:35	FE-3	Setup for Robotics OBT
17:30-17:45	FE-4	Evening Work Prep
17:35-17:45	FE-3	EP Insertion with HBCS review
17:45-18:45	FE-2	ARED Exercise
17:45-18:25	FE-3	SSRMS OBT Using ROBoT Simulator
17:45-18:45	FE-4	БД-2 Exercise, Day 4
17:45-18:15	FE-5	BCAT3 - Hardware Remove and Stow
17:45-18:45	CDR	T2 Exercise, Day 1
18:20-18:30	FE-6	HTV4 Cargo Ops Conference
18:25-18:35	FE-3	ROBoT OBT Debrief
18:35-18:50	FE-3	Evening Work Prep
18:50-19:15		Daily Planning Conference (<i>S-band</i>)
19:15-19:30	CDR, FE-3, FE-4, FE-5, FE-6	Evening Work Prep
19:15-19:25	FE-2	Evening Work Prep
19:25-19:30	FE-2	Hematocrit Hardware Setup
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR, FE-2	Personal Data Prep on SSC for Crew Return

	CDR, FE-2, FE-4	Preparation of reports for Roskosmos site
		ECON-M. Observations and Photography
		URAGAN Observations and Photography

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTPV for references to US activities.
 3. Pre-sleep ops: daily food prep, dinner, pre-sleep
 4. Russian crew uses US exercise equipment strictly per F24 or OSTPV
 5. No Exercise on Non-isolated Equipment (VELO): **06:00 - 06:45, 20:45 - 06:00** (08/29/13)
- End of Radiogram