## Radiogram No. 7012u Form 24 for 10/31/2014 CREW ACTIVITY WITH CPB-K2M. LBNP EXERCISE

| TIME        | CREW                            | CREW   |
|-------------|---------------------------------|--|
| 06:00-06:10 | CDR                             | Morning Inspection. Laptop RS1(2) Reboot                                 |
| 06:00-06:10 | FE-1                            | Morning Inspection. Laptop RSS2 Reboot                                   |
| 06:00-06:10 | FE-2                            | Morning Inspection. SM ΠCC (Caution & Warning Panel) Test                |
| 06:00-06:10 | FE-3                            | Morning Inspection.  |
| 06:00-06:05 | FE-5                            | Reading REMINDER   |
| 06:00-06:10 | FE-6                            | Morning Inspection   |
| 06:05-06:15 | FE-5                            | Morning Inspection   |
| 06:10-06:40 | <b>CDR</b> , <b>FE-2</b> , FE-3 | Post-sleep   |
| 06:10-06:35 | FE-1                            | Post-sleep   |
| 06:10-06:15 | FE-6                            | Post-sleep   |
| 06:15-06:40 | FE-5                            | Post-sleep   |
| 06:15-06:20 | FE-6                            | REMINDER - Reading Reminder  |
| 06:20-06:45 | FE-6                            | Post-sleep   |
| 06:35-07:15 | FE-1                            | BREAKFAST  |
| 06:40-07:25 | CDR                             | Breakfast  |
| 06:40-07:25 | <b>FE-2</b> , FE-3, FE-5        | BREAKFAST  |
| 06:45-07:25 | FE-6                            | BREAKFAST  |
| 07:15-07:25 | FE-1                            | BIOEMULSIYA. Activate Cryogem-03M at +37 C                               |
| 07:25-07:50 |                                 | Daily Planning Conference (S-band)                                       |
| 07:50-08:05 | CDR, FE-1,<br>FE-2              | Work Prep  |
| 07:50-07:55 | FE-3                            | BREAKFAST  |
| 07:50-08:20 | FE-5                            | Work Prep  |
| 07:50-08:00 | FE-6                            | BREAKFAST  |
| 07:55-08:20 | FE-3                            | Work Prep  |
| 08:00-08:10 | FE-6                            | Stow Earlier Installed Formaldehyde Monitoring Kit (FMK)                 |
| 08:05-08:20 | CDR, FE-1,<br>FE-2              | IMS Tagup (S-band)   |
| 08:10-08:20 | FE-6                            | Wastewater Storage Tank Assembly (WSTA) Fill                             |
| 08:20-08:35 |                                 | ISS crew and ГОГУ (RSA Flight Control Management Team) weekly conference |
| 08:35-09:05 | CDR                             | Transfer of Thermal Protection Jackets [T3K] from ISS to TK 713          |
| 08:35-09:05 | FE-1                            | Transfer of Thermal Protection Jackets [T3K] from ISS to TK 714          |
| 08:35-10:05 | FE-3                            | ARED Exercise  |
| 08:35-09:05 | FE-5                            | Crew Departure Prep  |
| 08:35-09:00 | FE-6                            | Work Prep  |
| 08:40-09:05 | FE-2                            | ISS Crew Medical Officer (CMO) Computer Based Training (CBT)             |

| 09:00-09:05 | FE-6               | Space Headaches Weekly Questionnaire   |
|-------------|--------------------|--|
| 09:10-10:10 | CDR, FE-5,<br>FE-6 | Sokol Suit Leak Check in TK 713  |
| 09:15-10:15 | FE-1               | BIOCARD. Experiment Ops Tagup with specialists   |
| 09:15-10:15 | FE-2               | BIOCARD. Assistance with the experiment  |
| 10:05-10:20 | FE-3               | RGN - Initiate drain into EDV  |
| 10:10-10:25 | CDR, FE-5          | Sokol Suit Drying - Set up Suits 1 and 2 for Drying  |
| 10:10-11:40 | FE-6               | ARED Exercise  |
| 10:15-10:50 | FE-2               | Sampling condensate water [KAB] from CPB-K2M before Gas-liquid mixture filter (ΦΓC) to drink bags – end  |
| 10:25-11:55 | FE-5               | EMU - Conductivity Test  |
| 10:40-11:35 | CDR                | LBNP Exercise (PRELIMINARY). Tagup with specialists (S-band)   |
| 10:40-11:35 | FE-1               | LBNP - Exercise (PRELIMINARY) – assistance   |
| 10:45-11:00 | FE-3               | RGN - Terminate drain into EDV   |
| 10:50-11:40 | FE-2               | Bringing ODF up to date using TKF 424 delivered files  |
| 11:05-11:10 | FE-3               | ZEBRA Equipment Retrieval  |
| 11:10-11:35 | FE-3               | ZEBRA Transfer   |
| 11:35-12:05 | CDR                | Crew Departure Prep  |
| 11:35-12:20 | FE-1               | BIOEMULSIYA. Activation of RECOMB-K and Setup in thermostat at + 37 deg C. <i>Tagup with specialists</i> |
| 11:35-12:35 | FE-3               | CEVIS Exercise   |
| 11:40-12:00 | FE-2               | Sampling condensate water [KAB] upstream of CPB-K2M 5KO - configuration setup, sampler installation      |
| 11:40-12:40 | FE-6               | T2 Exercise  |
| 11:55-13:25 | FE-5               | ARED Exercise  |
| 12:00-12:15 | FE-2               | BIOEMULSIYA. Photography of the Experiment Ops   |
| 12:05-13:05 | CDR                | Pre-pack cargo items for return or disposal on TK 713  |
| 12:20-13:20 | FE-1               | БД-2 Exercise, Day 3   |
| 12:20-13:20 | FE-2               | VELO Exercise, Day 2   |
| 12:35-13:35 | FE-3               | LUNCH  |
| 12:40-13:40 | FE-6               | LUNCH  |
| 13:05-13:15 | CDR                | Terminate Drying of Suits1, 2  |
| 13:15-13:30 | CDR                | Start Drying Spacesuit 3 and Set Up the 1st Pair of Gloves for Drying                                    |
| 13:20-13:30 | FE-2               | Sampling condensate water [KAB] upstream of CPB-K2M 5KO – sampler replacement                            |
| 13:25-14:25 | FE-5               | LUNCH  |
| 13:30-14:00 | CDR                | LUNCH  |
| 13:30-14:30 | FE-1, FE-2         | LUNCH  |
| 13:35-13:45 | FE-3               | WRS Water Sample Analysis  |
| 13:40-16:40 | FE-6               | Crew Quarters - Cleaning   |
| 13:45-14:00 | FE-3               | ZEBRA - Reading Reminder.  |

| 14:00-14:05 | CDR  | Finish drying the first pair of gloves and start drying the second pair   |
|-------------|------|---|
| 14:00-14:55 | FE-3 | ZEBRA - Experiment Ops  |
| 14:05-14:35 | CDR  | LUNCH   |
| 14:25-14:35 | FE-5 | Health Maintenance System (HMS) - Food Frequency Questionnaire  |
| 14:30-15:30 | FE-1 | Installation of Local Temperature Sensor Switching Unit (ЛКТ) (TA251M1Б) and Π3У Memory Unit in Progress 424. <i>Innstall ЛКТ</i> 1417726936 1417726327 with pre-installed ROM 1417726936 (CM1PO_3_314_1, bag 427-1(00063501R)). Reflect changes in IMS |
| 14:30-14:35 | FE-2 | MRM2 comm config to support voice comm during the experiment  |
| 14:35-14:40 | CDR  | Terminate drying the second pair of gloves  |
| 14:35-15:35 | FE-2 | Kulonovskiy Kristall Experiment Run. Tagup with specialists   |
| 14:35-14:40 | FE-5 | BLR48 - Experiment start  |
| 14:40-16:00 | CDR  | Hardware prepack for return and disposal on TK 713  |
| 14:40-14:50 | FE-5 | Terminate EMU Metox Regeneration  |
| 14:50-15:20 | FE-5 | Packing water samples and ion filters for 39S return  |
| 14:55-15:15 | FE-3 | ZEBRA - Closeout Ops  |
| 15:15-15:20 | FE-3 | ZEBRA - Installation 1  |
| 15:20-15:50 | FE-5 | Crew Departure Prep   |
| 15:25-15:45 | FE-3 | HRF1 - Connection and Hardware Checkout   |
| 15:30-17:05 | FE-1 | Offloading TKF 424 (DC1) Early Unstow, Priority, and US Cargo, and IMS Ops  |
| 15:35-15:40 | FE-2 | MRM2 Comm Reconfig for Nominal Ops  |
| 15:40-16:10 | FE-2 | KULONOVSKYI KRISTALL. Copy and Downlink Data  |
| 15:50-16:15 | FE-3 | ZEBRA - Hardware Return   |
| 15:50-16:20 | FE-5 | ICEBRICK - Insertion  |
| 16:00-16:15 | CDR  | Terminate drying the 3rd suit, start drying the 3rd pair of gloves  |
| 16:10-16:40 | FE-2 | СОЖ Maintenance   |
| 16:15-16:45 | CDR  | Crew Departure Prep   |
| 16:15-17:05 | FE-3 | ZEBRA - Hardware Relocation   |
| 16:20-17:10 | FE-5 | Compound Specific Analyzer-Combustion (CSA-CP) Checkout   |
| 16:40-18:10 | FE-2 | БД-2 Exercise, Day 2  |
| 16:40-17:55 | FE-6 | USOS Cargo Pre-pack to be loaded into TK 713  |
| 16:45-16:50 | CDR  | Terminate drying the 3rd pair of gloves   |
| 16:50-17:25 | CDR  | Evening Work Prep   |
| 17:05-17:20 | FE-3 | ZEBRA - Experiment Ops  |
| 17:10-18:10 | FE-1 | VELO Exercise, Day 3  |
| 17:10-18:10 | FE-5 | T2 Exercise   |
| 17:20-17:25 | FE-3 | ZEBRA - Installation 2  |
| 17:25-18:35 | CDR  | ARED Exercise   |
| 17:25-17:40 | FE-3 | ZEBRA - Closeout Ops  |
| 17:40-17:50 | FE-3 | EMCS - Module Replacement   |

| 17:55-18:45 | FE-6               | Thermolab - Instrumentation Ops for Circadian Rhythms  |
|-------------|--------------------|--|
| 18:10-18:40 | FE-1               | Preventive maintenance of DC1 ACΠ-O hatch sealing mechanisms and TKΓ 424 hatch. <i>Tagup with specialists (as necessary)</i> |
| 18:10-18:30 | FE-2               | Sampling condensate water [KAB] upstream of CPBK-2M BKO – removing sampler, setup teardown                                   |
| 18:10-18:25 | FE-3               | IMS and Stowage Conference   |
| 18:10-18:15 | FE-5               | Space Headaches Weekly Questionnaire   |
| 18:25-18:30 | FE-3               | TOCA Data Recording  |
| 18:25-18:35 | FE-5               | HRF1 Software Installation   |
| 18:30-18:50 | FE-2               | LIV 18 Cable Test. <b>To=18:30,T1=18:10</b>  |
| 18:35-18:50 | CDR, FE-5          | Stow suits and gloves after drying   |
| 18:35-18:45 | FE-3               | HRF1 - Body mass measurement.  |
| 18:40-18:55 | FE-1               | Evening Work Prep  |
| 18:45-18:55 | FE-3               | Evening Work Prep  |
| 18:45-18:55 | FE-6               | HRF1 Software Installation   |
| 18:50-18:55 | FE-5               | Evening Work Prep  |
| 18:55-19:10 |                    | Flight Director/ISS Crew Tagup   |
| 19:10-19:30 |                    | Daily Planning Conference (S-band)   |
| 19:30-21:30 | CDR, FE-1,<br>FE-2 | Pre-sleep  |
| 19:30-19:50 | FE-3               | HRF1 - Hardware Deactivation and Removal   |
| 19:30-19:35 | FE-5               | Reading REMINDER   |
| 19:30-21:25 | FE-6               | Pre-sleep  |
| 19:35-21:30 | FE-5               | Pre-sleep  |
| 19:50-21:30 | FE-3               | Pre-sleep  |
| 21:25-21:30 | FE-6               | REMINDER - Reading Reminder  |
| 21:30-06:00 |                    | SLEEP  |
|             | FE-2               | Bringing ODF up to date using TKF 424 delivered files  |
| Task List   |                    | IMS Delta File Prep  |
|             | CDR, FE-1,<br>FE-2 | Preparation of reports for Roscosmos site  |
|             |                    | ECON-M. Observations and Photography   |
|             |                    |  |

## Notes:

- 1. See OSTPV for references to US activities.
- Pre-sleep ops: daily food prep, dinner, pre-sleep
  Russian crew uses US exercise equipment strictly per F24 or OSTPV