

Radiogram No. 4878u

Form 24 for 02/20/2014

Medical Evaluation

TIME	CREW	ACTIVITY
06:00-06:10	FE-2	Morning Inspection. SM ПСС (Caution & Warning Panel) Test
06:00-06:05	FE-5, FE-6	PHS Reminder
06:00-06:05	FE-3	Reading REMINDER
06:00-06:10	CDR	Morning Inspection. Laptop RS1(2) Reboot
06:00-06:10	FE-4	Morning Inspection. RSS1,2 Reboot
06:05-06:10	FE-3	PHS Reminder
06:05-06:15	FE-5, FE-6	Morning Inspection
06:10-06:40	CDR, FE-2, FE-4	Post-sleep
06:10-06:20	FE-3	Morning Inspection
06:15-06:40	FE-5, FE-6	Post-sleep
06:20-06:45	FE-3	Post-sleep
06:40-07:30	CDR, FE-2, FE-4, FE-5, FE-6	BREAKFAST
06:45-07:30	FE-3	BREAKFAST
07:30-07:55		Daily Planning Conference (<i>S-band</i>)
07:55-08:05	FE-2	Work Prep
07:55-08:15	CDR, FE-4, FE-6	Work Prep
07:55-08:10	FE-5	Work Prep
07:55-08:25	FE-3	USND2 - Hardware Setup and Activation
08:05-08:15	FE-2	SEISMOPROGNOZ. Seismoprognoz P/L data downlink (start)
08:10-08:25	FE-5	PHS Evaluation Setup
08:15-08:30	CDR, FE-2, FE-4	ISS crew and ГОГУ (RSA Flight Control Management Team) weekly conference (<i>S-band</i>)
08:15-08:30	FE-6	RGN - Start Water Transfer to EDV
08:25-08:40	FE-3	Periodic Health Status - Assistance
08:25-08:40	FE-5	Periodic Health Status - Subject
08:30-08:45	CDR, FE-2, FE-4	IMS Tagup (<i>S-band</i>)
08:40-10:10	FE-5	ARED Exercise
08:40-10:50	FE-3	SPINAL - Hardware Setup and Configuration
08:45-09:45	CDR, FE-2-assists	Orthostatic Stability Evaluation with LBNP. T0 = 08:57 . Tagup with specialists
08:45-09:15	FE-4	Preparation for SM Window Inspection and Photography (Equipment Gathering and Work Area Setup). Tagup with specialists (as necessary)
08:55-09:10	FE-6	RGN - End Water Transfer to EDV

09:15-10:30	FE-4	RS SM Window 14 Inspection and Photography. Photo File Prep for Downlink
09:15-10:50	FE-6	SPINAL - Ultrasound Ops Assistance
09:50-10:00	FE-2	CASKAD. Manual Mixing in Bioreactor / r/g 4787
09:50-10:05	CDR	ИП-1 Flow Sensor Position Check
10:00-10:25	FE-2	On-orbit Hearing Assessment using EARQ
10:05-10:35	CDR	Seiner. Observations and photography. <i>Tagup with specialists (as necessary)</i> / r/g 4898
10:10-11:10	FE-5	T2 Exercise
10:30-11:30	FE-4	Cleaning FGB ГЖТ Detachable Screens 1, 2, 3 /
10:45-11:45	FE-2, CDR-assists	Evaluation of Orthostatic Stability with LBNP. <i>Tagup with specialists</i>
10:50-11:05	FE-3	Periodic Health Status - Assistance
10:50-11:05	FE-6	Periodic Health Status - Subject
11:10-11:20	FE-5	MSG - Glovebox Activation
11:20-11:35	FE-3	Periodic Health Status - Subject
11:20-11:35	FE-5	Periodic Health Status - Assistance
11:30-12:30	FE-6	T2 Exercise
11:35-11:55	FE-3	Periodic Health Status (PHS) Data Entry and Stowage of All Hardware Used in PHS
11:40-12:40	FE-5	BASS - Hardware Installation and Test Start
11:45-12:15	FE-2	SEISMOPROGNOZ. Downlink of Seismoprognoz P/L data (end) /
11:45-12:45	FE-4	VELO Exercise, Day 3
11:45-13:05	CDR	БД-2 Exercise, Day 3
11:55-11:30	FE-6	USND2 - Close-out Ops and Stowage
11:55-13:10	FE-3	ARED Exercise
12:30-12:45	FE-6	JEM Airlock - Pressurization
12:40-13:40	FE-5	LUNCH
12:40-13:05	FE-2	Crew Medical Officer (CMO) Proficiency Training
12:45-13:45	FE-6	LUNCH
13:05-14:05	CDR, FE-2, FE-4	LUNCH
13:10-14:10	FE-3	LUNCH
13:40-14:30	FE-5	BASS - Hardware Installation and Test Start
13:45-14:00	FE-6	JEM Airlock - Leak Check
14:00-14:15	FE-6	JEM Airlock Slide Table Extension
14:05-17:05	CDR	Replacement of БРПК-2 pump in CPB-K2M
14:05-16:05	FE-2, FE-4	TTC MU Removal for disposal from the RS, labeling and photography of cables for removal and disposal from RS ISS. <i>Tagup with specialists / r/g 4907</i>
14:10-15:35	FE-3	ZSR Bags Audit
14:15-16:30	FE-6	NanoRacks Cubesat - Deployer Swap

14:30-15:20	FE-5	BASS - Hardware Installation and Test Start
15:35-16:35	FE-3	T2 Exercise
16:05-17:05	FE-2	БД-2 Exercise, Day 2
16:05-16:25	FE-4	IMS Update
16:25-17:05	FE-4	COЖ Maintenance
16:20-17:50	FE-5	BASS - Hardware Installation and v/cassette changeout
16:35-17:00	FE-3	Condensate Pumping Initiation
17:05-18:30	FE-2	ARED Exercise
17:05-17:35	CDR, FE-4	Video for Roscosmos TV Studio
17:25-17:35	FE-3	Food Frequency Questionnaire
17:35-18:35	CDR	T2 Exercise
17:35-19:05	FE-4	БД-2 Exercise, Day 3
17:35-17:55	FE-3	Condensate Pumping Terminate
17:45-18:00	FE-6	JEM Airlock Slide Table Retraction
17:50-18:00	FE-5	PAO Hardware Setup
18:00-18:10	FE-3, FE-5, FE-6	Crew Prep for PAO
18:10-18:30	FE-3, FE-5, FE-6	PAO Event
18:30-18:55	FE-2, FE-5	Evening Work Prep
18:30-19:05	FE-3, FE-6	Evening Work Prep
18:35-19:05	CDR	Evening Work Prep
18:55-19:05	FE-2	CASKAD. Manual Mixing in Bioreactor
18:55-19:05	FE-5	MSG - Glovebox Powerdown
19:05-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR, FE-2, FE-4	Preparation of reports for Roscosmos site
		ECON-M. Observations and Photography

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. Pre-sleep ops: daily food prep, dinner, pre-sleep
 3. See OSTPV for references to US activities.
 4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
- End of Radiogram