Form 24 for 08/13/2009

Radiogram No.0906u КЦП1 Upgrade to a New Version. ACH Activation

GMT	CREW	ACTIVITY
06:00-06:05	FE-1, FE-2, FE-4, FE-5	SLEEP Data Log Entry
06:00-06:10	FE-3	SONOCARD Experiment Termination
06:00-06:10	CDR	Morning Inspection
06:05-06:20	FE-1	Post-sleep
06:05-06:30	FE-2	Post-sleep
06:05-06:35	FE-5	Post-sleep
06:10-06:20	FE-4	Hematocrit. Hematocrit test
06:10-06:40	FE-3	Post-sleep
06:10-06:20	CDR	Post-sleep
06:20-06:40	FE-4	Post-sleep
06:20-06:30	CDR	Hematocrit. Hematocrit Test
06:20-06:40	FE-1	Urine Sampling of the 24-hour Collection Period
06:30-06:50	CDR	Post-sleep
06:30-06:40	FE-2	Hematocrit. Hematocrit Test
06:35-07:25	FE-5	BREAKFAST
06:40-07:20	FE-2	BREAKFAST
06:40-06:50	FE-1	SOLO Urine Sample Insertion into MELFI
06:40-07:25	FE-3 , FE-4	BREAKFAST
06:50-07:00	FE-1	SLAMMD Setup
06:50-07:25	CDR	BREAKFAST
07:00-07:10	FE-1	SLAMMD Body Mass Measurement
07:10-07:20	FE-1	SLAMMD Temp Stow
07:25-07:50		Daily Planning Conference (S-band)
07:50-08:10	CDR, FE-1, FE-2	BREAKFAST
07:50-08:10	FE-3 , FE-4, FE-5	Work Prep
08:10-08:25	FE-3	SONOCARD Copy Data to RSE-MED Laptop and OCA Data Downlink
08:10-08:30	CDR	Work Prep
08:10-08:25	FE-1, FE-2	Work Prep
08:10-08:15	FE-5	EPM Laptop Setup and Activation
08:20-09:20	FE-5	Water Recovery System Recycle Filter Tank Assembly (RFTA) R&R
08:25-08:35	FE-3	BAR. Terminate Kelvin Charging, Start Charging TTM-2
08:30-09:30	FE-4	Physical Exercise (TVIS)
08:30-09:10	CDR	Candle Installation/Replacement in TΓK1 and TΓK2; and Activation of Two TΓK (SFOG)
09:00-11:00	FE-3	Changeout of Replaceable Condensate Removal Lines [CMOK]
09:10-11:10	CDR	КЦП1 Upgrade to a New Version. <i>Tagup with specialists (S-band)</i>
09:25-10:25	FE-2	Physical Exercise (CEVIS)

09:30-09:35	FE-5	ICV-CARDIO Equipment Prep
09:30-11:00	FE-4	Physical Exercise (ARED)
09:35-09:55	FE-5	EPM CDL Relocation
09:55-10:25	FE-1	TVIS Monthly Maintenance
09:55-10:25	FF 6	MDCA. Laptop Ops
10:25-11:25	FE-5	Physical Exercise (TVIS)
10:45-11:25	FE-1	Installation of IWIS Accelerometer and Remote Sensor Unit (RSU) in JPM.
11:00-11:50	FE-3	MATRYOSHKA-R.BUBBLE-Dosimeter Detector Initialization and Deployment for Exposure. <i>Tagup as necessary (S-band)</i>
11:00-11:15	FE-4	Terminate Cardio Vascular System Monitoring
11:10-11:15	CDR	SFOG (TГК) Fan Deactivation
11:15-11:35	FE-4	ISS Inventory and Stowage Location Verification
11:20-12:20	CDR	Physical Exercise (TVIS), day 4
11:25-12:55	FE-5	Physical Exercise (ARED)
11:25-12:55	FE-1	Periodic Fitness Evaluation - Nom Ops (subject)
12:00-12:30	FE-4	Periodic Fitness Evaluation - Nom Ops (assistance)
12:15-13:15	FE-3	Physical Exercise (VELO), day 3
12:20-12:50	CDR	Hygiene Procedures
12:30-13:15	FE-2	A/L Video Tour
12:55-13:15	CDR, FE-1	Tagup w/specialists regarding Shuttle R-Bar Pitch Maneuver photo/video
12:55-13:15	FE-5	EPM Data Transfer to Hard Disk
13:00-13:05	FE-4	VOA Power Down
13:05-13:15	FE-4	CWC Audit
13:15-14:15		LUNCH
14:15-14:25	FE-1	IFM Checkout of 1/2 Plugs and Two 1/2 caps
14:15-14:25	FE-5	EPM PCMCIA Card Removal
14:15-16:15	FE-4	IMS Payload Consolidation
14:15-14:25	FE-3	BAR. TTM-2 Charge Termination
14:15-14:30	FE-2	Food Frequency Questionnaire
14:15-14:40	CDR	TFK Candle Replacement and Activation of One TFK (SFOG)
14:25-14:30	FE-5	ICV-CARDIO Data Transfer
14:25-16:25	FE-3	EXPERT. Experiment. Tagup with specialists (S-band)
14:30-14:50	FE-5	Crew Weekly Conference With ESA (S-band)
14:40-16:40	FE-2	EVA Tool Config
14:40-16:10	CDR	Installation of new RSS1 Laptop s/w version. Tagup with specialists (S-band)
14:50-15:00	FE-5	ICV CARDIO Stowage
15:00-15:15	FE-1	ARED Cylinder Flywheel Evacuation
15:10-15:25	FE-5	CIR Video Setup
15:15-16:45	FE-1	Physical Exercise (ARED)
15:25-15:30	FE-5	Reconnect PWS2 Power Cable to EPM Laptop
16:00-17:30	FE-5	MDCA Boot Parameters Restoration
16:10-16:20	CDR	Check Version 08.03 Data Download LAPTOPRS3-КЦП1-ЦВМ / r/g 933

16:15-17:20	FE-4	ICV/C Data Download
16:25-17:10	FE-3	RUSALKA. Hardware Setup. Tagup with specialists (S-band) / r/g 927
16:40-16:55	CDR	RUSALKA. Photography
16:40-18:10	FE-2	Physical Exercise (ARED)
16:45-17:45	FE-1	Physical Exercise (CEVIS)
16:55-17:35	CDR	СОЖ Maintenance
17:10-17:20	FE-3	RUSALKA. Battery Charge (start) / r/g 927
17:20-17:35	FE-4	Crew Conference with AVATAR P/L Developer (S-band)
17:30-18:00	FE-5	MDCA. Laptop Ops
17:35-17:40	CDR	SFOG (TFK) Fan Deactivation
17:35-18:35	FE-3	Physical Exercise (TVIS), day 3
17:40-18:00	CDR	IMS Update
17:45-17:55	FE-1	MELFI Icepac Insert 9
17:55-18:10	FE-1	Food Frequency Questionnaire
18:00-19:00	FE-4, FE-5	CHECS Rack Relocation from LAB to JEM
18:00-19:00	CDR	Physical Exercise (ARED)
18:10-19:00	FE-1,FE-2	Evening Work Prep
18:35-19:05	FE-3	Hygiene Procedures
19:00-19:05	FE-2	Transfer TVIS, CEVIS, and HRM data to MEC
19:00-19:05	FE-5	Photo TV (P/TV) Dynamic Corridor Check
19:05-19:30		Daily Planning Conference (S-band)
19:30-19:35	FE-1	Video Recorder Activation
19:30-20:00	FE-5	Pre-sleep
19:30-21:30	CDR, FE-2, FE-3, FE-4	Pre-sleep
19:35-21:25	FE-1	Pre-sleep
20:00-20:05	FE-5	HAM Radio Setup
20:05-20:15	FE-5	HAM Radio Session
20:15-21:30	FE-5	Pre-sleep
21:25-21:30	FE-1	MPC Powerdown
21:30-06:00		SLEEP
Task List	CDR, FE-3	URAGAN. Observations and Photography

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
 Pre-sleep: dinner, daily food prep, evening toilet
 End of Radiogram