

Radiogram No. 1422u

Form 24 for 10/15/09

**Progress M-03M #403 TORU Test. TV Downlink Test via Ku-Band**

| GMT         | CREW                       | ACTIVITY   |
|-------------|----------------------------|--|
| 06:00-06:10 | FE-2, CDR,<br><b>FE-3</b>  | Morning Inspection   |
| 06:00-06:05 | FE-5                       | REACTION Self Test   |
| 06:00-06:05 | FE-4                       | ICV Makita Battery Swap  |
| 06:00-06:30 | <b>FE-1</b>                | Post-sleep   |
| 06:05-06:10 | FE-4                       | Morning Inspection   |
| 06:10-06:40 | <b>FE-3</b> , FE-4,<br>CDR | Post-sleep   |
| 06:10-06:20 | FE-2                       |  |
| 06:10-06:20 | FE-5                       | Hematocrit Test  |
| 06:20-06:50 | FE-5                       | Post-sleep   |
| 06:20-06:30 | FE-2                       | Hematocrit Test  |
| 06:30-06:40 | <b>FE-1</b>                |  |
| 06:30-06:50 | FE-2                       | Post-sleep   |
| 06:40-07:30 | FE-4, <b>FE-3</b> ,<br>CDR | BREAKFAST  |
| 06:40-06:45 | <b>FE-1</b>                | Hematocrit Equipment Stowage   |
| 06:45-07:40 | <b>FE-1</b>                | BREAKFAST  |
| 06:50-07:40 | FE-2, FE-5                 | BREAKFAST  |
| 07:30-07:40 | FE-4, CDR,<br><b>FE-3</b>  | Work Prep  |
| 07:40-08:05 |                            | Daily Planning Conference ( <i>S-band</i> )  |
| 08:05-08:20 |                            | ISS Crew and ГОГУ (RSA Flight Control Team Management) Weekly Conference ( <i>S-band</i> ) |
| 08:20-08:30 | CDR, FE-5,<br>FE-4         | Work Prep  |
| 08:20-08:40 | FE-2                       |  |
| 08:20-08:35 | <b>FE-3</b> , <b>FE-1</b>  | IMS Tagup ( <i>S-band</i> )  |
| 08:30-08:35 | FE-4                       | ICV Makita Battery Swap  |
| 08:30-08:35 | FE-5                       | WRS UPA Fill   |
| 08:30-08:45 | CDR                        | System Laptop Terminal (SLT) Log File Copy   |
| 08:35-09:05 | FE-4                       | TCA L Gas Trap Bypass Manual Vlv Cleanout  |
| 08:35-09:50 | <b>FE-3</b>                | PNEUMOCARD Experiment  |
| 08:35-08:45 | FE-5                       | Work Prep  |
| 08:35-08:55 | <b>FE-1</b>                |  |
| 08:40-11:10 | FE-2                       | Portable Emergency Provisions (PEPS) Equipment Inspect and Audit                           |
| 08:45-10:15 | CDR                        | Physical Exercise (ARED)   |
| 08:55-10:25 | <b>FE-1</b>                | RELAXATION. Hardware Setup   |
| 09:00-10:00 | FE-5                       | Crew time for ISS adaptation and orientation   |
| 09:05-10:05 | FE-4                       | Physical Exercise (CEVIS)  |
| 10:00-11:00 | FE-5                       | Physical Exercise (TVIS)   |

|             |                  |   |
|-------------|------------------|---|
| 10:05-10:25 | FE-4             | Integrated Cardiovascular Crew Ambulatory Monitoring Midpoint   |
| 10:10-11:10 | <b>FE-3</b>      | Physical Exercise (ARED)  |
| 10:15-10:45 | CDR              | TVIS Exercise Video Equipment Setup   |
| 10:25-10:50 | <b>FE-1</b>      | RELAXATION Earth Observations   |
| 10:25-10:45 | FE-4             | Node1 Bacteria Filter Preparation and Transfer  |
| 10:45-11:30 | FE-4             | Node 1 Bacterial/Charcoal Filter Remove & Replace   |
| 10:50-11:10 | CDR              | Ku-band TV Downlink TEST (preparation for docking) /  |
| 10:50-11:30 | <b>FE-1</b>      | RELAXATION. Hardware Teardown   |
| 11:10-11:40 | <b>FE-3, CDR</b> | Ku-band TV Downlink Test (configuring TV System for Soyuz, Progress docking/undocking)                |
| 11:10-12:40 | FE-5             | Physical Exercise (ARED)  |
| 11:30-12:30 | <b>FE-1</b>      | Physical Exercise (TVIS), day 1   |
| 11:30-11:50 | FE-4             | Node1 Bacteria Filter Deactivation and Transfer   |
| 11:35-12:35 | FE-2             | Physical Exercise (CEVIS)   |
| 11:40-11:45 | CDR              | Photo/TV: A31P Laptop Deactivation  |
| 11:40-11:50 | <b>FE-3</b>      | RUSALKA. Battery charge (start)   |
| 11:45-12:30 | CDR              | Treadmill 2 (T2) Short Duration High Speed Test   |
| 11:50-12:00 | FE-4             | OGS Hydrogen Sensor Retrieve in preparation for H2 Sensor R&R   |
| 12:00-12:25 | FE-4             | OGS Hydrogen Sensor Remove and Replace  |
| 12:25-12:35 | FE-4             | CWC Audit   |
| 12:25-12:45 | <b>FE-3</b>      | Reconfigure REGUL-Packet R/G Channel to Use REGUL-OC String 2   |
| 12:35-12:45 | FE-2, FE-4       | Photography of T2 Treadmill Harness with Buckle Transducers Attached                                  |
| 12:45-13:30 |                  | Emergency Response to Fire On-board ISS OBT. Fire in Columbus. <i>Tagup with specialists (S-band)</i> |
| 13:30-13:40 |                  | Emergency Response to Fire On-board ISS Debrief <i>(S-band)</i>                                       |
| 13:40-14:40 |                  | LUNCH   |
| 14:40-14:55 |                  | Joint Fire Emergency OBT - Tagup with Specialists <i>(S-band)</i>                                     |
| 14:55-15:20 | <b>FE-3</b>      | CONSTANTA. Video Set up   |
| 14:55-15:00 | FE-5             | Video Camcorder Setup for the CHECS Rack Removal  |
| 14:55-15:10 | FE-4             | 3D Space Prep   |
| 14:55-16:25 | CDR              | MELFI 2 Electronic Unit Swap  |
| 15:00-16:45 | FE-5, FE-2       | CHeCS Rack Transfer   |
| 15:05-15:55 | <b>FE-1</b>      | CONSTANTA. Photography, Recomb-K Study 2  |
| 15:10-15:40 | FE-4             | 3D SPACE Experiment   |
| 15:20-15:40 | <b>FE-3</b>      | IMS Update  |
| 15:40-17:10 | FE-4             | Physical Exercise (ARED)  |
| 15:45-15:55 | <b>FE-3</b>      | CONSTANTA. Removal of Video Equipment   |
| 15:55-16:55 | <b>FE-1</b>      | Physical Exercise (VELO), day 1   |
| 15:55-16:55 | <b>FE-3</b>      | Physical Exercise (TVIS), day 2   |
| 16:25-16:30 | CDR              | HAM Radio Setup   |
| 16:30-16:40 | CDR              | HAM Radio Session   |
| 16:40-16:50 | CDR              | Stow Video Equipment Used to Treadmill T2 Exercise  |
| 16:45-17:00 | FE-2             | Food Frequency Questionnaire  |

|             |                            |   |
|-------------|----------------------------|---|
| 16:50-17:10 | CDR                        | H2 Sensor Configuration                                 |
| 16:55-17:25 | <b>FE-1, FE-3</b>          | Hygiene Procedures                                      |
| 17:10-18:40 | FE-2                       | Physical Exercise (ARED)                                |
| 17:10-17:20 | CDR                        | Deactivation of Oxygen Generator (OGS)                  |
| 17:10-17:15 | FE-4                       | MDS Food Envelope (FEV) Assemblies/Cartridges Replace   |
| 17:15-17:30 | FE-4                       | 3D Space Stowage  |
| 17:25-18:05 | <b>FE-1</b>                | COX Maintenance   |
| 17:25-17:35 | CDR                        | PAO Hardware Setup                                      |
| 17:35-17:45 | CDR                        | Crew Prep For PAO                                       |
| 17:45-18:05 | CDR                        | PAO event   |
| 17:45-18:35 | <b>FE-3</b>                | RUSALKA. Setup, Video Ops                               |
| 18:00-18:20 | FE-4                       | MDS Food Envelope (FEV) Assemblies/Cartridges Replace   |
| 18:00-18:50 | FE-5                       | Evening Work Prep                                       |
| 18:05-19:05 | CDR                        | Physical Exercise (TVIS)                                |
| 18:05-19:05 | <b>FE-1</b>                | Crew time for ISS adaptation and orientation            |
| 18:30-19:05 | FE-4                       | Evening Work Prep                                       |
| 18:35-18:55 | <b>FE-3</b>                | RUSALKA. Close-out Ops, Data Copy                       |
| 18:45-19:05 | FE-2                       | Evening Work Prep                                       |
| 18:50-19:05 | FE-5                       | Transfer of TVIS/IREC/CEVIS Data to MEC                 |
| 18:55-19:05 | <b>FE-3</b>                | Evening Work Prep                                       |
| 19:05-19:30 |                            | Daily Planning Conference ( <i>S-band</i> )             |
| 19:30-19:50 |                            | Flight Director / ISS Crew Tagup ( <i>Ku + S-band</i> ) |
| 19:50-21:30 | CDR, <b>FE-1</b> ,<br>FE-4 | Pre-sleep   |
| 19:50-20:10 | <b>FE-3</b>                | RUSALKA. Terminate Data Copy and Downlink via OCA       |
| 19:50-19:55 | FE-5                       | MPC Power Up  |
| 19:50-19:55 | FE-2                       | MSRR Laptop Activation                                  |
| 19:55-21:30 | FE-2                       | Pre-sleep   |
| 19:55-21:20 | FE-5                       |   |
| 20:10-20:40 | <b>FE-3</b>                | INTERACTION Experiment Ops                              |
| 20:40-21:30 | <b>FE-3</b>                | Pre-sleep   |
| 21:20-21:25 | FE-5                       | REACTION Self Test                                      |
| 21:25-21:30 | FE-5                       | MPC Power Down  |
| 21:30-06:00 |                            | SLEEP   |

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
  2. See OSTP for references to US activities
  3. Pre-sleep: dinner, daily food prep, evening toilet
  4. Tagups with specialists (S-band) during all RUSALKA, RELAXATION, KONSTANTA activities
- End of Radiogram