

Radiogram No. 3892u

Form 24 for 08/21/2010

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-3	Morning Inspection
06:00-06:05	FE-4, FE-6	PRO K Urine PH Test
06:00-06:20	FE-2	HRF Urine Sample Collection Subject
06:00-06:05	FE-5	Elektron-VM Aerosol Filter Inspection
06:05-06:10	FE-6	REACTION Self Test
06:05-06:10	FE-5	Morning Inspection
06:05-06:10	FE-4	SLEEP Data Log Entry
06:10-06:40	CDR, FE-3, FE-4, FE-5	Post-sleep
06:10-06:15	FE-6	SLEEP Data Log Entry
06:15-06:40	FE-6	Post-sleep
06:20-06:25	FE-2	PRO K Urine PH Test
06:25-06:30	FE-2	HRF Urine Sample Insertion Into MELFI
06:30-06:40	FE-2	HRF Refrigerated Centrifuge Setup
06:40-06:55	FE-3	HRF Blood Draw Operator
06:40-07:00	FE-2	HRF Blood Sample Draw Subject
06:40-07:30	CDR, FE-4, FE-5, FE-6	BREAKFAST
06:55-07:30	FE-3	BREAKFAST
07:00-07:05	FE-2	SLEEP Data Log Entry
07:10-07:20	FE-2	HRF Refrigerated Centrifuge Configuration
07:20-07:50	FE-2	Post-sleep
07:30-10:30	CDR, FE-3, FE-5	Weekly Housekeeping. SM Ventilation System Preventive Maintenance Group E, FGB Q2B2 Fan Cleaning
07:30-10:30	FE-4, FE-6	Weekly Housekeeping
07:50-07:55	FE-2	HRF Refrigerated Centrifuge Closeout Ops
07:55-08:05	FE-2	HRF Blood Sample Insertion into MELFI
08:05-08:20	FE-2	HRF - Stow Blood Collection Hardware
08:20-08:40	FE-2	HRF - Stow Urine Collection Equipment
08:40-08:50	FE-2	Post-sleep
08:50-09:40	FE-2	BREAKFAST
10:30-12:00	FE-3	Physical Exercise (TVIS), Day 2
10:30-11:30	CDR	Physical Exercise (VELO), Day 1
10:30-11:30	FE-5	Physical Exercise (ARED)
10:30-11:30	FE-2	Physical Exercise (CEVIS)
11:30-13:00	FE-2	Physical Exercise (ARED)
11:30-13:00	FE-5	Physical Exercise (TVIS), Day 2
11:45-12:00	CDR	Private Family Conference (<i>S+Ku-band</i>)
12:15-12:30	FE-3	Private Family Conference (<i>S+Ku-band</i>)
13:00-13:30		Weekly Planning Conference (<i>S-band</i>)

13:30-14:30		LUNCH
14:30-14:45	FE-2	Food Frequency Questionnaire
14:30-14:35	FE-4	PROK Diet Logging (Day 2-4)
14:30-14:35	FE-6	PROK Diet Logging (Day 2-4)
14:40-14:55	CDR	Private Psychological Conference (<i>VHF</i>)
14:45-14:50	FE-2	PROK Photo Documentation.
14:45-15:00	FE-4	Food Frequency Questionnaire
14:50-17:50	FE-2	Weekly Housekeeping
14:50-15:30	FE-3	COX Maintenance
15:00-15:15	FE-6	Food Frequency Questionnaire
15:30-16:30	FE-3	Physical Exercise (ARED)
16:10-16:25	FE-5	Private Psychological Conference (<i>VHF</i>)
16:20-16:35	FE-4	Private Family Conference
16:30-18:00	FE-6	Physical Exercise (ARED)
16:30-16:35	FE-3	On MCC GO ISS Repress with N2 or O2 from Progress 406 CpPK (start)
17:00-18:00	FE-4	Physical Exercise T 2
17:30-17:35	FE-3	ISS N2 or O2 Repress from Progress 406 CpPK (terminate)
17:45-18:00	FE-3	Private Psychological Conference (<i>VHF</i>)
17:55-19:25	CDR	Physical Exercise (TVIS), Day 1
18:00-19:00	FE-6	Physical Exercise T 2
18:00-19:30	FE-4	Physical Exercise (ARED)
18:00-18:05	FE-5	Elektron-VM Aerosol Filter Inspection
19:05-19:25	FE-6	Urine Sampling Kit Prep
19:20-19:30	FE-2	T2 Snubber Arm Inspection
19:25-19:30	FE-6	REACTION Self Test
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-3	URAGAN. Observations and Photography
	CDR	ECON. Observations and Photography

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 ops: dinner, daily food prep, evening toilet
- End of Radiogram