

Radiogram No. 4562u

Form 24 for 11/09/2010

MEDICAL MONITORING

GMT	CREW	ACTIVITY / ODF or r/g
06:00-06:05	FE-5	Elektron-VM Aerosol Filter Inspection
06:00-06:10	CDR, FE-3, FE-6	Morning Inspection
06:00-06:10	FE-1	Morning Inspection. Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139
06:00-06:10	FE-2	SONOCARD. Experiment Termination
06:05-06:10	FE-5	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40		Work Prep
07:40-08:05		Daily Planning Conference (S-band)
08:05-08:20	FE-2	SONOCARD. Copying Data to RSE-MED Laptop and Data Downlink via OCA
08:10-09:20	FE-1	СПС unit troubleshooting as part of Soyuz 701 Neptune ПККА. <i>Tagup with specialists (S-band)</i>
08:20-08:30	FE-3	SPHERES - SSC Prep
08:20-10:20	FE-2, FE-5	Video for Roskosmos TV Studio
08:30-11:45	FE-3, FE-6	SPHERES Session
08:50-09:00	CDR	WRS Water Sample Analysis
09:00-10:00	CDR	Physical Exercise (CEVIS)
09:40-11:10	FE-1	Physical Exercise (TVIS-3)
10:00-11:30	CDR	ARED Physical Exercise
10:20-11:00	FE-5	Portable repress tank installation (БНП) in Working Compartment [PO] (БНП #3п.1 (001473R), Soyuz 229)
11:00-11:50	FE-2, FE-5 (assists)	A study of cardiovascular system response to graded cycle ergometer exercise (To=11:25). <i>Tagup with specialists (VHF)</i>
11:10-11:40	FE-1	Fit check/adjustment of personal ammonia protection gear
11:30-11:40	CDR	TOCA 2 Data Recording
11:45-11:55	FE-3	SSC5 Relocation from JEM back to LAB after SPHERES Testing
11:50-12:20	FE-6	BIORYTHM. Preparation, Recording
11:55-12:00	FE-3	MPC Power Up
12:00-12:10	CDR, FE-3	In-flight Maintenance (IFM). Cabin Removal for RFTA Rack Transfer
12:10-12:40	CDR, FE-3	Water Recovery System Recycle Filter Tank Assembly (RFTA) R&R
12:35-13:25	FE-5, FE-2 (assists)	A study of cardiovascular system response to graded cycle ergometer exercise (To=12:51). <i>Tagup with specialists (VHF)</i>
12:40-13:10	FE-1	Symbolic Activity. Preparation
12:40-13:00	CDR, FE-3	IFM Cabin Installation
13:00-13:05	CDR	WHC Configuration
13:10-13:25	FE-1	Private Medical Conference (S-band)
13:25-14:25		LUNCH
14:25-14:30	FE-3	MPC Power Down
14:25-15:25	FE-1, FE-2, FE-5	Symbolic Activity. Young Cosmonauts of Chuvashia
14:25-14:55	FE-6	Node2 Light Housing Assembly (LHA) R&R
14:55-15:25	FE-6	JPM Light Housing Assembly (LHA) R&R
15:20-15:35	CDR	EMU Battery Stowage Assembly (BSA) Battery Discharge Initiate

15:20-15:35	FE-3	Private Family Conference
15:25-16:40	FE-5	Physical Exercise (TVIS), day 2
15:40-16:40	FE-2	Physical Exercise (VELO), day 3
15:40-17:10	FE-6	ARED Physical Exercise
15:40-15:55	CDR	Private Medical Conference
16:10-17:10	FE-3	Physical Exercise (T2)
16:20-16:40	FE-1	IMS Update
16:30-18:00	CDR	Crew Quarters (CQ) Troubleshooting
16:40-17:40	FE-1	Physical Exercise (VELO) Day 3
16:40-18:10	FE-2	Physical Exercise (TVIS), day 3
16:40-17:40	FE-5	Physical Exercise (CEVIS)
17:10-18:40	FE-3	ARED Physical Exercise
17:25-17:40	FE-6	Private Medical Conference
17:40-18:20	FE-1	COX Maintenance
17:40-18:40	FE-6	Physical Exercise (CEVIS)
18:05-18:35	FE-5	Evening Work Prep
18:10-18:40	CDR	
18:15-18:30	FE-2	Private Medical Conference (<i>S-band</i>)
18:20-18:40	FE-1	Evening Work Prep
18:30-18:40	FE-2	
18:35-18:40	FE-5	Elektron-VM Aerosol Filter Inspection
18:40-19:05		Daily Planning Conference (<i>S-band</i>)
19:05-19:30	CDR, FE-1 , FE-2 , FE-3, FE-6	Evening Work Prep
19:05-19:15	FE-5	
19:15-20:30	FE-5	Pre-sleep
19:30-19:35	FE-6	MPC Power Up
19:30-21:20	FE-1	Pre-sleep
19:30-21:30	CDR, FE-2 , FE-3	
19:35-21:25	FE-6	
20:30-20:45	FE-5	Private Medical Conference (<i>S-band</i>)
20:45-21:30	FE-5	Pre-sleep
21:20-21:30	FE-1	SONOCARD. Experiment Start
21:25-21:30	FE-6	MPC Power Down
21:30-06:00		SLEEP
Task List	FE-1	Health Check of pumps and fans in MRM2. Report to MCC MRM2 temperature (by sensation)

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