

Radiogram No. 4152u

Form 24 for 09/21/2010

**Soyuz 228 Descent OBT. Soyuz 228 MCS Test. LBNP Exercise**

GMT	CREW	ACTIVITY
06:00-06:10	<b>CDR, FE-2, FE-3</b>	Morning Inspection
06:00-06:05	FE-6	Integrated Immune Experiment Historical Documentation Photography
06:00-06:05	FE-4	Integrated Immune Liquid Saliva Sample Collection
06:00-06:05	<b>FE-5</b>	Elektron-VM Aerosol Filter Inspection
06:05-06:10	<b>FE-5</b>	Morning Inspection
06:05-06:10	FE-4	Integrated Immune Experiment Historical Documentation Photography
06:05-06:10	FE-6	Integrated Immune Liquid Saliva Sample Collection
06:10-06:40	<b>CDR, FE-3, FE-5, FE-6</b>	Post-sleep
06:10-06:20	FE-2	Reaction Photo and Video
06:10-06:15	FE-4	REACTION Self Test
06:20-06:25	FE-2	REACTION Self Test
06:20-06:30	FE-4	Reaction Photo and Video
06:25-06:40	FE-2	Post-sleep
06:30-06:40	FE-4	Post-sleep
06:40-07:30	<b>CDR, FE-2, FE-3, FE-4, FE-6</b>	BREAKFAST
06:40-07:25	<b>FE-5</b>	BREAKFAST
07:25-07:30	<b>FE-5</b>	TBU (Universal Bioengineering Thermostat). Temperature Check ( <b>Report</b> temperature to MCC)
07:30-08:30	<b>CDR</b>	Soyuz 228 СУД Test Prior To Undocking
07:30-07:55	FE-2, <b>FE-3, FE-4, FE-5, FE-6</b>	Daily Planning Conference ( <i>S-band</i> )
07:55-08:10	FE-2	Post-sleep
07:55-08:25	FE-4	Post-sleep
07:55-08:05	<b>FE-5, FE-6</b>	BREAKFAST
08:05-08:15	<b>FE-5, FE-6</b>	Work Prep
08:10-08:30	<b>FE-3</b>	MEMBRANE Prepare for the start of experiment with kit #2 (day 1)
08:10-08:15	FE-2	Configuration Check for Biolab Glovebox Testing
08:15-08:30	<b>FE-5</b>	<b>On MCC Go:</b> Regeneration of БМП Φ2 Absorption Cartridge (start)
08:15-08:25	FE-6	Portable PFS power on and a 45-minute warm-up
08:25-08:35	FE-4	SCOF Cable Connection
08:25-09:25	FE-2	Crew Departure Prep
08:25-10:15	FE-6	VO2max Protocol Preparation
08:30-11:30	<b>FE-5</b>	PILOT-M. FE-5 Experiment Using Neurolab
08:30-10:00	<b>CDR, FE-3-</b> assists	LBNP Exercise ( <b>FINAL</b> )-CMO. <b>To=09:28. Tagup with specialists (VHF)</b>
08:35-08:45	FE-4	NOD2D5 Reconfiguration Review

08:45-09:00	FE-4	NOD2D5 Installation
09:00-12:35	FE-4	NOD2D5 Reconfiguration to Support Crew Quarters Relocation
09:25-09:30	FE-2	Configuration Check for Biolab Glovebox Testing
09:30-09:35	FE-2	Treadmill T2 Monthly Inspection
09:35-10:35	FE-2	Physical Exercise T 2
10:00-10:05	<b>FE-3</b>	MEMBRANE Start the Experiment and Activate Mode #2
10:05-11:35	<b>FE-3, CDR-</b> assists	LBNP Exercise ( <b>FINAL</b> )-CMO. <b>To=11:03. Tagup with specialists (VHF)</b>
10:15-11:00	FE-6	VO2max Experiment Protocol Recording
10:35-10:50	FE-2	ARED Flywheel Cylinder Evacuation
10:50-11:20	FE-2	Physical Exercise (ARED)
11:00-11:15	FE-6	VO2 - Thermolab Data Transfer to Portable PFS, Disconnect and Stow Thermolab Equipment
11:15-11:20	FE-6	VO2max Data Downlink
11:20-12:05	FE-6	VO2max MBS Stowage
11:30-11:50	<b>FE-5</b>	IMS Update
11:45-12:15	<b>FE-3</b>	Crew Departure Prep
11:50-12:05	<b>FE-5</b>	Verify ИП-1 Flow Meter Configuration
12:00-13:00	<b>CDR</b>	Physical Exercise (TVIS), Day 4
12:05-12:55	FE-6	VO2. PPFS Conclude
12:15-12:55	<b>FE-3</b>	Microbial sample collection
12:20-12:25	FE-2	Configuration Check for Biolab Glovebox Testing
12:20-12:35	<b>FE-5</b>	Private Medical Conference ( <i>Ku+S-band</i> )
12:40-13:00	<b>FE-5</b>	Cleaning ВД1 and ВД2 Air Ducts in MRM2
12:55-13:00	<b>FE-3</b>	MEMBRANE Activate Mode 1
13:00-14:00		LUNCH
14:00-14:10	FE-6	HRF1 Troubleshooting
14:00-17:00	<b>CDR, FE-2,</b> <b>FE-3</b>	Soyuz 228 Descent OBT. <i>Tagup with specialists (S-band)</i>
14:00-14:30	FE-4	Crew Medical Officer (CMO) Proficiency Training
14:10-14:25	FE-6	VO2max PPFS Stowage
14:30-15:30	FE-4	NOD2D5 Reconfiguration to Support Crew Quarters Relocation
14:40-15:20	<b>FE-5</b>	COЖ Maintenance
15:00-15:20	FE-6	HRF EXPRESS Memory Unit (EMU) Drive Change Using ELS Display
15:20-15:30	<b>FE-5</b>	КОБ2 4ГБ4 Half-Coupling Shell Coolant Leak Check
15:20-15:50	FE-6	Crew Medical Officer (CMO) Proficiency Training
15:30-17:00	FE-4	Physical Exercise (ARED)
15:30-17:00	<b>FE-5</b>	Physical Exercise (TVIS), Day 1
16:00-17:00	FE-6	Physical Exercise T 2
17:00-18:30	FE-6	Physical Exercise (ARED)
17:00-18:00	FE-4	Physical Exercise (CEVIS)
17:00-17:05	<b>FE-3</b>	MEMBRANE Heating Mode Activation
17:00-18:00	<b>FE-5</b>	Physical Exercise (VELO), Day 1

17:00-18:00	<b>CDR</b>	Crew Departure Prep
17:00-17:50	FE-2	Preparation for unpowering OGS
17:10-17:30	<b>FE-3</b>	Private Medical Conference ( <i>Ku+S-band</i> )
17:40-18:40	<b>FE-3</b>	Physical Exercise (TVIS), Day 1
18:00-18:35	<b>FE-5</b>	Evening Work Prep
18:00-18:05	FE-2	Configuration Check for Biolab Glovebox Testing
18:00-18:15	<b>CDR</b>	Private Medical Conference ( <i>Ku+S-band</i> )
18:05-18:40	FE-2	Evening Work Prep
18:10-18:40	FE-4	Evening Work Prep
18:15-18:40	<b>CDR</b>	Evening Work Prep
18:30-18:40	FE-6	Evening Work Prep
18:35-18:40	<b>FE-5</b>	Elektron-VM Aerosol Filter Inspection
18:40-19:05		Daily Planning Conference ( <i>S-band</i> )
19:05-19:15		Crew Photo
19:15-19:30		Evening Work Prep
19:30-21:30	<b>CDR, FE-6</b>	Pre-sleep
19:30-21:05	<b>FE-5</b>	Pre-sleep
19:30-21:25	FE-4	Pre-sleep
19:30-19:35	FE-2	MPC Power Up
19:30-21:10	<b>FE-3</b>	Pre-sleep
19:35-21:20	FE-2	Pre-sleep
21:05-21:20	<b>FE-5</b>	БМП Φ2 Absorption Cartridge Regeneration (termination)
21:10-21:30	<b>FE-3</b>	MO-21 Prep. Ecosphere Battery Charge
21:20-21:30	<b>FE-5</b>	SONOCARD Experiment Start
21:20-21:25	FE-2	REACTION Self Test
21:25-21:30	FE-4	REACTION Self Test
21:25-21:30	FE-2	MPC Power Down
21:30-06:00		SLEEP
<b>Task List</b>	<b>FE-5</b>	URAGAN 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