

r/g 5244u

Form 24 for 04/06/2014

Off day

TIME	CREW	ACTIVITY
06:00-06:10	FE-1	Morning Inspection. Laptop RS1(2) reboot
06:00-06:10	FE-2,FE-5	Morning Inspection
06:00-06:05	CDR	Reminder on Circadian Rhythms experiment constraints
06:00-06:10	FE-4	Morning Inspection. RSS1,2 reboot
06:00-06:05	FE-3	Reminder on saliva sampling
06:05-06:15	CDR	Morning Inspection
06:05-06:20	FE-3	HRF – samples collection and preparation for stowing in the freezer
06:10-06:40	FE-1,FE-2, FE-4,FE-5	Post-sleep
06:15-06:45	CDR	Post-sleep
06:20-06:25	FE-3	HRF – placement of samples into MELFI
06:25-06:30	FE-3	REMINDER – experiment procedure
06:30-06:50	FE-3	HRF – urine samples collection
06:40-07:30	FE-2,FE-4, FE-5	BREAKFAST
06:40-07:30	FE-1	BREAKFAST. Testing ПСС CM / <i>Manual Controls</i>
06:45-07:35	CDR	BREAKFAST
06:50-06:55	FE-3	HRF - placement of samples into MELFI
06:55-07:05	FE-3	Morning Inspection
07:05-07:35	FE-3	Post-sleep
07:35-08:25	FE-3	BREAKFAST
08:20-09:20	CDR	T2 exercise
09:05-10:35	FE-4	[БД-2 – 4] exercise
09:45-10:45	FE-1	[БЕЛО – 1] exercise
10:00-10:25	FE-3	SALMARK – health questionnaire entry
10:00-11:30	FE-2	ARED exercise
10:00-10:05	CDR	HAM – change Ham-video frequency
10:25-10:35	FE-3	HRF – placement of equipment in stowage location
10:45-12:15	FE-1	[БД-2 – 1] exercise
11:15-12:15	FE-5	T2 exercise
11:30-13:00	FE-3	ARED exercise
12:15-12:30	FE-1	Private family conference ( <i>S+Ku-band</i> )
13:00-14:00	.	Lunch
14:00-14:40	FE-4	SOZh maintenance. <b>D/I information related to [CBO], [CFO], [ACY] counter, POTOK in SM and FGB</b>
14:00-14:15	FE-2	Private family conference ( <i>S+Ku-band</i> )
14:00-14:15	CDR	HMS – questionnaire on mood changes
14:40-15:40	FE-1,FE-2, FE-4	Video recording of greetings

15:00-15:20	FE-3	HRF - urine samples collection
15:20-15:25	FE-3	HRF - placement of samples into MELFI
15:25-15:30	CDR	ISERV – open window shutter
15:30-17:00	FE-5	ARED exercise
16:10-17:10	<b>FE-4</b>	[БЕЛО – 4] exercise
16:20-16:30	FE-3	HRF – equipment setup
16:30-16:55	FE-3	Ultrasound equipment setup; 2x HRF 1 racks
16:35-16:50	CDR	Private family conference
17:00-18:00	FE-3	T2 exercise
17:00-18:30	CDR	ARED exercise
17:10-18:10	<b>FE-2</b>	[БД-2 – 4] exercise
18:00-18:20	FE-3	HRF – urine samples collection
18:15-18:55	<b>FE-1,FE-2, FE-4</b>	Evening work prep
18:20-18:25	FE-3	HRF - placement of samples into MELFI
18:30-19:00	CDR,FE-3, FE-5	CDRA related tagup
19:00-19:40	FE-3	Pre-sleep
19:05-19:20	<b>FE-1,FE-2, FE-4</b>	Daily planning conference ( <i>S-band</i> )
19:20-21:20	CDR, <b>FE-2</b>	Pre-sleep
19:30-21:30	<b>FE-1,FE-4, FE-5</b>	Pre-sleep
19:40-19:55	FE-3	Private family conference
19:55-21:15	FE-3	Pre-sleep
21:15-21:20	FE-3	REMINDER – reading reminder
21:20-21:30	<b>FE-2</b>	[БІРУ]. Battery charging (start)
21:20-21:25	CDR,FE-3	REMINDER - reading reminder
21:25-21:30	FE-3	Reminder on blood samples collection
21:25-21:30	CDR	Reminder on Circadian Rhythms experiment constraints
21:30-06:00	.	Sleep
<b>Task List</b>	<b>FE-4</b>	Preparation of reports for Roskosmos site
		SEYNER. World water area research
		URAGAN. Observation and imagery
	<b>FE-1,FE-4</b>	ECON-M. Observation and imagery

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC
2. Pre-sleep ops: daily food prep, dinner, pre-sleep
3. See OSTP for missing references to US activities
4. Russian crew uses US exercise equipment strictly per F24 or OSTPV