Radiogram No. 1755u CREW OFF DUTY. ALBEDO.

Form 24 for 03/10/2013

TIME	CREW	ACTIVITY
06:00-06:10	CDR, FE-5, FE-6	Morning Inspection
06:00-06:10	FE-1	Morning Inspection
06:00-06:10	FE-2	Morning Inspection. Reboot Laptop RS2(1)
06:00-06:10	FE-4	Morning Inspection. RSS 1, 2 Reboot
06:10-06:40		Post-sleep
06:40-07:30	CDR, FE-2, FE-4 , FE-6	BREAKFAST
06:40-07:30	FE-1	BREAKFAST. SM ΠCC (Caution & Warning Panel) Test (after breakfast)
06:40-07:15	FE-5	BREAKFAST
07:15-07:20	FE-5	Reaction Self Test
07:20-07:35	FE-5	CSLM2 - Vacuum Vent Stop
07:30-07:35	CDR	REMINDER. Urine Sample Collection End
07:30-07:35	FE-6	Reaction Self Test
07:35-07:55	CDR	HRF-URINE - Sample Collection and Closeout Ops
07:35-08:05	FE-5, FE-6	Weekly Housekeeping
07:55-08:00	CDR	HRF - Urine Sample MELFI Insertion
08:00-08:05	CDR	Reaction Self Test
08:05-08:35	CDR	Weekly Housekeeping
08:25-09:55	FE-4	Physical Exercise (ARED)
08:35-08:50	FE-5	CSLM2 - Vacuum Vent Start
08:55-09:55	FE-5	Physical Exercise (CEVIS)
09:55-11:25	FE-5	Physical Exercise (ARED)
10:25-11:25	CDR	Physical Exercise T2
10:30-11:30	FE-1	Physical Exercise (TVIS), Day 1
11:25-12:55	CDR	Physical Exercise (ARED)
11:40-11:55	FE-4	Private Family Conference (Ku + S-band)
11:55-12:55	FE-2	Physical Exercise (TVIS), Day 1
12:35-12:55	FE-6	BRIC. PL OBT
13:10-13:25	FE-1,FE-2, FE-4	Weekly Planning Conference (S-band)
13:40-14:40		LUNCH

21:20-21:25	CDR, FE-5, FE-6	BCAT Reminder
21:15-21:20		Reminder: Generic Sample Blood Collection
19:25-21:30	FE-1, FE-2, FE-4	Pre-sleep
19:25-21:20	FE-5, FE-6	Pre-sleep
19:25-21:15	CDR	Pre-sleep
19:00-19:25		Daily Planning Conference (S-band)
18:45-19:00		Evening Work Prep
18:35-19:00		Evening Work Prep
18:30-19:00	CDR, FE-1 , FE-2 , FE-5	Evening Work Prep
17:55-18:10		Private Family Conference
17:45-18:45		Physical Exercise (TVIS), Day 4
17:30-17:45		Private Medical Conference
17:15-17:45		CSLM2. Sample Collection
17:05-18:35		Physical Exercise (ARED)
16:45-18:15		Physical Exercise (TVIS), Day 1
16:05-17:05 16:20-16:35		Physical Exercise (CEVIS) Private Family Conference
15:30-17:00		Physical Exercise (ARED)
15:25-15:40		Private Family Conference
15:25-15:35		HRF BLOOD – Blood Collection Equipment Setup
15:20-16:00		СОЖ Maintenance. SM and FGB CBO, СГО, СПКУ АСУ Counter, POTOK Air Purification System Data Calldowns
15:05-15:25	CDR	Stow Sample Urine Collection
15:00-15:05		MELFI Urine Sample Insertion
14:50-15:05		Private Family Conference (Ku + S-band)

ECON-M. 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.
- Pre-sleep ops: daily food prep, dinner, pre-sleep
 Russian crew uses US exercise equipment strictly per F24 or OSTPV End of Radiogram