

Radiogram No. 3562u

Form 24 for 07/11/2010

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-2	SLEEP Data Log Entry
06:00-06:10	FE-3,FE-5	Morning Inspection
06:00-06:05	FE-4,FE-6	Pro K Crew Urine pH Spot Test
06:05-06:10	CDR,FE-2	Morning Inspection
06:05-06:10	FE-4	REACTION Self Test
06:05-06:25	FE-6	HRF Urine Collection
06:10-06:40	CDR,FE-2,FE-3,FE-5	Post-sleep
06:10-06:15	FE-4	SLEEP Data Log Entry
06:15-06:40	FE-4	Post-sleep
06:25-06:35	FE-6	HRF Urine Sample Insertion into MELFI
06:35-06:40	FE-6	REACTION Self Test
06:40-07:30	CDR,FE-2,FE-3,FE-4,FE-5	BREAKFAST
06:40-06:45	FE-6	SLEEP Data Log Entry
06:45-07:00	FE-6	Post-sleep
07:00-07:30	FE-6	BREAKFAST
08:30-09:30	FE-3	Physical Exercise (VELO), Day 1
08:30-10:00	FE-6	Physical Exercise (ARED)
08:50-09:50	FE-2	Physical Exercise T 2
09:30-11:00	CDR	Physical Exercise (TVIS), Day 4
09:55-10:10	FE-5	Private Family Conference (<i>Ku+S-band</i>)
10:00-11:30	FE-2	Physical Exercise (ARED)
10:00-11:00	FE-6	Physical Exercise (CEVIS)
10:20-11:20	FE-4	Physical Exercise T 2
10:30-11:30	FE-5	Physical Exercise (VELO), Day 1
11:20-11:30	FE-4	T2 Snubber Arm Inspection
11:30-11:45	CDR	Private Family Conference (<i>Ku+S-band</i>)
11:30-13:00	FE-4	Physical Exercise (ARED)
11:30-13:00	FE-5	Physical Exercise (TVIS), Day 1
12:35-12:55	FE-6	HRF Urine Collection
12:55-13:00	FE-6	HRF Urine Sample Insertion into MELFI
13:00-14:00	.	LUNCH
14:00-14:40	CDR	COЖ Maintenance. <i>SM and FGB Flush Counter (CП), Water Supply System (CBO), Potok Air Purification System Data Calldowns Inspection of CPB-K2M hose from MΦ-P to БРПК separator</i>
14:00-14:05	FE-4	PROK Diet Logging (Day 2-4)
14:00-14:05	FE-6	PROK Diet Logging (Day 2-4)
15:00-16:30	FE-3	Physical Exercise (TVIS), Day 1

16:00-17:00	CDR	Physical Exercise (ARED)
16:35-16:55	FE-6	HRF Urine Collection
16:55-17:00	FE-6	HRF Urine Sample Insertion into MELFI
18:00-18:05	CDR	Elektron-VM Aerosol Filter Inspection
18:30-18:40	FE-6	HRF Blood Collection Hardware Setup
18:40-19:05	.	Daily Planning Conference (<i>S-band</i>)
19:05-19:30	.	Evening Work Prep
19:30-21:30	CDR,FE-2,FE-3,FE-5	Pre-sleep
19:30-19:35	FE-4	REACTION Self Test
19:30-19:35	FE-6	REACTION Self Test
19:35-21:30	FE-4,FE-6	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	ECON. Observations and Photography
	CDR	SEINER Ocean Observations
	FE-3	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