

Radiogram No. 1249u

Form 24 for 10/01/09

**CREW OFF DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10	<b>CDR</b> , FE-1, FE-2, FE-4	Morning Inspection
06:00-06:10	<b>FE-3</b>	Morning Inspection. <i>Inspection of Circuit Breaker [A3C] on DC1 Power Switch Panel (ББП) and fuses in DC1 Fuse Boxes БПП-30, БПП-36 / r/g 396</i>
06:00-06:20	FE-5	SOLO 24-hour Urine Collection
06:10-06:40	<b>CDR</b> , FE-1, FE-2, <b>FE-3</b> , FE-4	Post-sleep
06:20-06:30	FE-5	SOLO Urine Sample Insertion into MELFI
06:30-06:40	FE-5	SOLO. SLAMMD Prep
06:40-06:50	FE-5	SOLO SLAMMD Body Mass Measurement
06:40-07:30	<b>CDR</b> , FE-1, FE-2, <b>FE-3</b> , FE-4	BREAKFAST
06:50-07:00	FE-5	Morning Inspection
07:00-07:30	FE-5	Post-sleep
07:30-08:20	FE-5	BREAKFAST
07:30-07:35	<b>FE-3</b>	PLANTS-2 Payload Status Check
08:15-09:45	FE-2	Physical Exercise (ARED)
08:40-08:45	FE-4	Video Tape Changeout in VTR2
08:45-09:45	FE-4	Physical Exercise (CEVIS)
09:05-10:05	FE-5	Physical Exercise (TVIS)
09:20-10:20	<b>CDR, FE-3</b>	Telemetry Reception and Recording System [СПР ТМИ] Test if Soyuz 224 Activities are Nominal
09:45-10:45	FE-1	Physical Exercise (CEVIS)
09:45-10:05	FE-2	SDTO TVIS Harness Configuration
09:45-11:15	FE-4	Physical Exercise (ARED)
10:05-10:15	FE-2	SDTO TVIS Harness Setup
10:15-11:15	FE-2	Physical Exercise (TVIS)
11:05-11:15	FE-5	SLAMMD Body Mass Measurement (FE5)
11:05-11:45	<b>FE-3</b>	Removal of Portable Repress Tank (БНП) #15 from DC1 (prep for relocation to Soyuz 226 БО)
11:15-11:25	FE-2	TVIS Harness Data Downlink
11:15-12:15	<b>CDR</b>	Physical Exercise (TVIS), day 1
11:15-12:45	FE-5	Physical Exercise (ARED)
11:25-11:35	FE-2	TVIS Inspection
11:35-11:45	FE-1	SLAMMD Experiment Ops
11:45-11:55	FE-2	SLAMMD Body Mass Measurement
11:45-12:45	<b>FE-3</b>	Physical Exercise (VELO), day 4
11:55-12:05	FE-4	SLAMMD Body Mass Measurement
12:00-12:10	FE-2	FMK Stow

12:05-12:15	FE-4	SLAMMD Equipment Temp Stow
12:15-12:45	<b>CDR</b>	Post-Exercise Hygiene Procedure
12:35-12:45	FE-2	CWC Audit
12:45-13:45		LUNCH
13:45-14:15	FE-1	BIORHYTHM Data Save
13:45-14:25	<b>FE-3</b>	COX Maintenance
14:10-14:15	FE-5	HAM Radio Setup
14:15-14:25	FE-5	HAM Radio Session
14:15-14:30	FE-1	WRS Equipment Access
14:25-15:40	FE-4	USOS Hatch Seal Inspection
14:25-14:55	FE-5	Rebooting all PCS/PWS
14:30-15:00	FE-1	RFTA Reconfiguration For Urine Processing
14:30-15:30	<b>CDR</b>	Physical Exercise (ARED)
15:00-15:30	FE-1	WRS Closeout Ops
15:15-16:15	<b>FE-3</b>	Physical Exercise (TVIS), day 4
15:30-17:00	FE-1	Physical Exercise (ARED)
15:30-16:00	FE-5	BLB. Removal of WAICO ECs from Rotor A and B
16:15-16:45	<b>FE-3</b>	Post-Exercise Hygiene Procedure
16:30-17:00	FE-2	LOCAD Portable Test System Data Transfer
16:35-16:55	FE-4	Work Prep
16:55-17:10	FE-4	JPM and LAB Window Shutter Closure
16:55-17:15	<b>FE-3, FE-5</b>	Work Prep
17:00-17:15	FE-1	Work Prep
17:00-17:10	FE-2	Glove Box (MSG) Activation
17:10-17:15	FE-4	Transfer TVIS, CEVIS, and HRM data to MEC
17:15-17:40		Daily Planning Conference ( <i>S-band</i> )
17:40-18:10		Work Prep
18:10-18:30		Flight Director / ISS Crew Weekly Tagup ( <i>Ku + S-band</i> )
18:30-20:30	<b>CDR, FE-1, FE-2, FE-3, FE-4</b>	Pre-sleep
18:30-18:35	FE-5	MPC Power Up
18:35-20:25	FE-5	Pre-sleep
20:25-20:30	FE-5	MPC Power Down
20:30-05:00		SLEEP
<b>Task List</b>	<b>CDR, FE-3</b>	URAGAN. Observations and Photography
	<b>FE-3</b>	PLANTS-2. Recharging Water Tank

**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: dinner, daily food prep, evening toilet

End of Radiogram