

Radiogram No. 1562u

Form 24 for 11/01/09

**CREW OFF-DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10	CDR,FE-2,FE-3,FE-4,FE-5	Morning Inspection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:05-06:15	FE-1	Morning Inspection
06:10-06:40	CDR,FE-2,FE-3,FE-4,FE-5	Post-sleep
06:15-06:45	FE-1	
06:40-07:30	CDR,FE-2,FE-3,FE-4,FE-5	BREAKFAST
06:45-07:35	FE-1	BREAKFAST
07:30-07:35	FE-4	SLEEP Data Log Entry
07:30-07:35	FE-2	SLEEP Data Log Entry
07:30-07:35	FE-5	Bisphosphonates Pill Ingestion
07:30-07:35	CDR	SLEEP Data Log Entry
07:35-07:40	FE-5	
07:40-08:00	FE-5	Nutrition and Repository Urine Sample Collection
08:00-08:05	FE-5	Nutrition and Repository Urine Sample MELFI Insertion
08:05-09:35	FE-2	Physical Exercise (ARED)
09:30-10:30	FE-1	Physical Exercise (TVIS), day 2
09:35-11:05	FE-4	Physical Exercise (ARED)
10:25-10:40	FE-3	Private Family Conference ( <i>Ku+S-band</i> )
10:30-11:00	FE-1	Hygiene Procedures
11:05-12:35	FE-5	Physical Exercise (ARED)
12:00-13:00	FE-3	Physical Exercise (VELO), day 3
12:00-13:00	CDR	Physical Exercise (CEVIS)
12:00-13:00	FE-4	Physical Exercise (TVIS)
12:10-12:25	FE-1	Private Family Conference ( <i>Ku+S-band</i> )
12:35-12:55	FE-5	Nutrition and Repository Urine Sample Collection
12:55-13:00	FE-5	Nutrition and Repository Urine Sample MELFI Insertion
13:00-14:00	.	LUNCH
14:00-14:40	FE-3	COX Maintenance. <b>SM and FGB Flush Counter (CП), Water Supply System (CBO), Potok Air Purification System Data Calldowns</b>
14:25-14:45	FE-5	Nutrition and Repository: Stow Urine Sampling Equipment
14:50-15:05	FE-4	Private Family Conference ( <i>Ku+S-band</i> )
15:45-16:45	FE-1	Physical Exercise (ARED)
15:45-16:45	FE-3	Physical Exercise (TVIS), day 3
16:00-17:00	FE-2	Physical Exercise (CEVIS)
16:45-17:15	FE-3	Hygiene Procedures
16:45-18:15	CDR	Physical Exercise (ARED)

17:00-18:00	FE-5	Physical Exercise (CEVIS)
17:05-17:20	FE-2	Private Family Conference ( <i>Ku+S-band</i> )
17:10-17:25	FE-4	BCAT5 Sample Check and Photography
18:05-18:15	FE-4	JPM and LAB Window Shutter Closure
18:05-18:15	<b>FE-1</b>	RELAXATION. Start SONY DCR-TRV900E Camcorder Battery Charge
18:15-18:45	.	Evening Work Prep
18:45-19:10	.	Daily Planning Conference ( <i>S-band</i> )
19:10-19:30	.	Evening Work Prep
19:30-21:30	CDR,FE-2, <b>FE-3</b> ,	Pre-sleep
19:30-21:10	FE-4	
19:45-21:30	FE-5	
19:30-19:45	FE-5	Private Family Conference ( <i>Ku+S-band</i> )
19:30-19:35	<b>FE-1</b>	Elektron-VM Aerosol Filter Inspection
19:35-21:30	<b>FE-1</b>	Pre-sleep
21:10-21:25	FE-4	Private Family Conference ( <i>Ku+S-band</i> )
21:25-21:30	FE-4	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	<b>FE-1</b>	PLANTS. Payload Status Check
	<b>FE-1,FE-3</b>	SEINER Ocean Observations
		URAGAN. Observations and Photography
		ECON. 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: dinner, daily food prep, evening toilet
- End of Radiogram