

Raioqram 2568nu Form 24 06/10/2013 (Updated)  
**Prep for Progress 419 Undock**

TIME	CREW	ACTIVITY
06:00-06:05	CDR	PLASMA CRYSTAL. Pressure monitoring
06:00-06:10	FE-2	Morning Inspection. RSS1, RSS2 Reboot
06:00-06:10	FE-3	Morning Inspection
06:00-06:10	FE-4	Morning Inspection. SM C&W Panel Test
06:00-06:10	FE-5	HRF- sampling and sample stowage
06:00-06:05	FE-6	REMINDER- review
06:05-06:15	CDR	Morning Inspection. RS2(1) Laptop Reboot
06:05-06:15	FE-6	HRF- sampling
06:10-06:30	FE-2	Post-sleep
06:10-06:40	FE-3, FE-4	Post-sleep
06:10-06:15	FE-5	HRF- urine specimen transfer to MELFI
06:15-06:40	CDR	Post-sleep
06:15-06:30	FE-5	Morning Inspection
06:15-06:20	FE-6	HRF- urine specimen transfer to MELFI
06:20-06:25	FE-6	PROK-urine specimen collection
06:25-06:45	FE-6	HRF- urine specimen collection
06:30-07:10	FE-2,FE-5	ATV Rendezvous and Docking Timeline Drill. <i>Tagup w/specialists (S-band)</i>
06:40-07:25	CDR,FE-3, FE-4	Breakfast
06:45-06:50	FE-6	HRF- urine specimen transfer to MELFI
06:50-07:00	FE-6	Morning Inspection
07:00-07:25	FE-6	HRF- blood sampling and centrifuge activation
07:10-07:25	FE-2	Breakfast
07:10-07:25	FE-5	HRF- blood sampling operator
07:25-07:50	CDR,FE-2, FE-3,FE-4, FE-5	Daily planning conference (S-band)
07:25-07:45	FE-6	
07:45-07:55	FE-6	HRF- refrigeration centrifuge configuration
07:50-09:00	FE-5	Post-sleep, breakfast
07:50-08:10	CDR,FE-3, FE-4	Work Prep
07:50-08:35	FE-2	Breakfast
07:55-08:25	FE-6	Post-sleep
08:20-08:30	FE-3	BCAT- transfer of imagery from camera
08:25-09:25	CDR	<b>On MCC GO</b> Tear-down of Local Temperature Switch (TA251M1B) and ROM on Progress 419 (SM Aft). <b>Stow in CM1PO_3_314_1, Bag 353-8 (00037141R). Record in IMS</b>
08:25-08:30	FE-6	HRF- removal of sample from centrifuge and centrifuge deactivation
08:30-08:40	FE-3	LMM- experiment procedure review
08:30-09:00	FE-4	<b>On MCC GO</b> CPBK-2M multi-filtration unit (MFU) swap-out
08:30-08:35	FE-6	HRF- sample transfer to MELFI
08:35-08:55	FE-2	Work Prep

08:35-09:15	FE-6	Breakfast
08:40-09:00	FE-3	FIR – opening of rack doors
09:00-09:55	<b>FE-2,FE-4</b>	Prep of suit consumables, ancillary and personal gear. <i>Tagup w/specialists (S-band)</i>
09:00-12:25	FE-3	LMM- hardware prep for experiment
09:00-10:30	FE-5	Physical Exercise ARED
09:15-09:30	FE-6	Work Prep
09:25-09:30	<b>CDR</b>	Comm config for experiment ops out of MRM2
09:30-09:50	<b>CDR</b>	PLASMA CRYSTAL. Hardware activation and experiment start. <i>Tagup w/specialists. (S-band)</i>
09:30-10:30	FE-6	Physical Exercise T2
09:50-10:15	<b>CDR</b>	PLASMA CRYSTAL. Start, monitoring, experiment start. <b>TV (B-L)</b> <i>Tagup w/specialists (S-band)</i>
09:55-10:00	<b>FE-2</b>	PLASMA CRYSTAL. TV signal monitoring on VKU
09:55-11:25	<b>FE-4</b>	Physical Exercise Treadmill-2 – Day 2
10:00-10:10	<b>FE-2</b>	Start of NASA MPEG2 Viewer app on CP SSC laptop, mpeg2 multicast video stream monitoring
10:10-10:20	<b>FE-2</b>	PLASMA CRYSTAL. Experiment photo imagery
10:15-11:15	<b>CDR</b>	Physical Exercise VELO -3
10:30-11:00	<b>FE-2</b>	Onboard computer system antivirus database update
10:30-11:00	FE-5	Daily biorhythm ops
10:30-12:00	FE-6	Physical Exercise ARED
11:00-12:00	FE-5	Physical Exercise T2
11:00-12:00	<b>FE-2</b>	Physical Exercise Treadmill-2 – Day 2
11:15-11:35	<b>CDR</b>	PLASMA CRYSTAL. Experiment termination. <i>Tagup w/specialists (S-band)</i>
11:25-11:45	<b>FE-4</b>	IMS Data Update
11:35-12:05	<b>CDR</b>	PLASMA CRYSTAL. Data transfer from HDD
12:00-13:00	<b>FE-2,FE-4, FE-5</b>	Lunch
12:00-13:00	FE-6	RGN REC-TNK – removal of pressure relief hose for nominal ops.
12:05-12:10	<b>CDR</b>	Comm reconfig to nominal following MRM2 ops
12:10-13:10	<b>CDR</b>	Lunch
12:25-12:40	FE-3	FIR- closing rack doors
12:40-12:50	FE-3	Termination of BSA charge
13:00-14:00	<b>FE-2,FE-5</b>	ATV rendezvous and docking contingency drill. <i>Tagup w/specialists (S-band)</i>
13:00-14:00	FE-3,FE-6	Lunch
13:00-14:00	<b>FE-4</b>	Crew adjustment and familiarization time
14:00-14:55	.	Integrated emergency response drill. <i>Tagup w/specialists (S-band)</i>
14:55-15:15	FE-3	PWD – potable water mouthpiece cleaning
14:55-15:05	FE-6	PROK- photo imagery and data transfer
15:00-16:10	<b>CDR</b>	Physical Exercise Treadmill-2 – Day 3
15:00-15:55	<b>FE-2,FE-4</b>	Prep of suit consumables, ancillary and personal gear. <i>Tagup w/specialists (S-band)</i>
15:10-15:25	FE-6	HRF- refrigerator centrifuge and hardware setup
15:15-15:25	FE-3,FE-5	PAO equipment
15:25-15:35	FE-3,FE-5, FE-6	PAO crew prep
15:35-15:55	FE-3,FE-5, FE-6	PAO event

15:55-16:55	FE-3	Physical Exercise T2
15:55-16:55	<b>FE-4</b>	Physical Exercise ARED
15:55-16:15	FE-6	EXPR7- panel closure
16:15-16:55	<b>FE-2</b>	COЖ Maintenance
16:25-16:55	<b>CDR</b>	Progress 419 (SM Aft) Activation, airduct tear-down
16:35-16:45	FE-6	CIR- equipment tear-down
16:55-17:10	.	Integrated emergency response drill – ISS Crew/MCC debrief ( <i>S-band</i> )
17:10-17:30	<b>CDR,FE-4</b>	Removal and inspection of quick-disconnect clamps on SM Aft side
17:10-18:40	<b>FE-2</b>	Physical Exercise VELO -2
17:10-18:40	FE-5	Toilet Section – urine adapter and insert swap-out
17:10-17:30	FE-6	HRF- urine specimen collection
17:10-18:40	FE-3	Physical Exercise ARED
17:30-17:50	<b>CDR,FE-4</b>	ПpK-CY/TKГ-CY hatch closure for Progress 419 (SM Aft)
17:30-17:35	FE-6	HRF-urine sample transfer to MELFI
17:35-17:55	FE-6	HRF- post-experiment equipment stow
17:50-18:50	<b>CDR,FE-4</b>	Leak check post-ПpK-CY/TKГ-CY hatch closure for Progress 419 (SM Aft)
17:55-18:35	FE-6	Crew adjustment and familiarization time
18:35-19:05	FE-6	Evening work prep
18:40-19:05	FE-3,FE-5	Evening work prep
18:50-19:05	<b>FE-2,FE-4</b>	Evening work prep
18:50-19:00	<b>CDR</b>	SM/Progress 419 (SM Aft) Interface TV imagery downlink ( <i>Ku-band</i> )
19:05-19:30	.	Daily planning conference ( <i>S-band</i> )
19:30-21:25	<b>CDR,FE-5,FE-6</b>	Pre-sleep
19:30-21:30	<b>FE-2,FE-3,FE-4</b>	Pre-sleep
21:25-21:30	<b>CDR</b>	PLASMA CRYSTAL. Pressure monitoring
21:25-21:30	FE-5,FE-6	PFE reminder review
21:30-06:00	.	Sleep
<b>Task List</b>	<b>CDR,FE-2,FE-4</b>	Preparation of reports for Roscosmos site
		URAGAN. Observation and imagery
		EKON-M. Observation and imagery

**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: daily food prep, dinner, pre-sleep
4. Russian crew uses US exercise equipment strictly per F24 or OSTPV
5. For high beta angles the crew powers off all unused Auxiliary Computer System (BKC) Laptops