Radiogram No. 4460u CREW OFF DUTY

Form 24 for 10/29/2010

| GMT | CREW | ACTIVITY |
|-------------|---|--|
| 06:00-06:10 | CDR, FE-1 , FE-5 | Morning Inspection |
| 06:00-06:05 | FE-2 | Elektron-VM Aerosol Filter Inspection |
| 06:00-06:10 | FE-3 | HRF Refrigerated Centrifuge Setup |
| 06:00-06:10 | FE-6 | Morning Inspection |
| 06:05-06:10 | FE-2 | Morning Inspection |
| 06:10-06:40 | CDR, FE-1 , FE-2 , FE-5 | Post-sleep |
| 06:10-06:30 | FE-3 | HRF Blood Sample Draw Subject |
| 06:10-06:25 | FE-6 | HRF Blood Draw Operator |
| 06:25-06:40 | FE-6 | Post-sleep |
| 06:30-06:40 | FE-3 | Post-sleep |
| 06:40-06:50 | FE-3 | HRF Repository Refrigerated Centrifuge Configure |
| 06:40-07:30 | CDR, FE-1 , FE-2 , FE-5 , FE-6 | BREAKFAST |
| 06:50-07:20 | FE-3 | BREAKFAST |
| 07:20-07:25 | FE-3 | HRF Refrigerated Centrifuge Configuration |
| 07:25-07:30 | FE-3 | HRF Blood Sample Insertion into MELFI |
| 07:30-07:45 | CDR, FE-3, FE-6 | Daily Planning Conference (S-band) |
| 07:30-10:30 | FE-1, FE-2, FE-5 | Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E; Cleaning FGB ЦВ2 Fan, Cleaning БМП (Micropurification Unit) Fan Grille |
| 07:45-07:55 | CDR, FE-6 | Work Prep |
| 07:45-08:40 | FE-3 | Post-sleep |
| 07:55-08:10 | FE-6 | Rebooting all PCS/PWS |
| 07:55-08:25 | CDR | WRS. Water Filled Container Count |
| 08:10-08:15 | FE-6 | ISS HAM Radio Setup in Service Module |
| 08:15-08:30 | FE-6 | ISS HAM Radio Session from SM |
| 08:30-08:40 | CDR | CUBELAB-HISD VID - Installation |
| 08:35-09:20 | FE-6 | BCAT5-H/W - Test |
| 08:40-09:00 | CDR | CUBELAB - Module Reconfiguration |
| 08:40-08:55 | FE-3 | HRF Blood Collection Hardware Stowage |
| 08:55-10:10 | FE-3 | CFE Hardware Setup |
| 09:00-10:30 | CDR | Physical Exercise (ARED) |
| 09:20-09:35 | FE-6 | Food Frequency Questionnaire |
| 09:35-10:00 | FE-6 | MICB Photography |
| 10:00-11:00 | FE-6 | MICB Sample Collection |
| 10:30-11:30 | FE-3 | Physical Exercise (CEVIS) |
| 10:30-12:00 | FE-5 | Physical Exercise (TVIS), Day 3 |

| 10:30-11:30 | FF-1 | Physical Exercise (ARED) |
|-------------|------------------------------------|---|
| 10:30-11:30 | | Physical Exercise T 2 |
| 11:00-11:10 | | MICB Insertion into MELFI |
| 11:10-11:20 | | Node 1 Hatch Latch Position to Hardstop |
| 11:20-12:20 | | Centerline Berthing Camera System (CBCS) Installation and Checkout |
| 11:30-12:20 | | Physical Exercise (ARED) |
| 11:30-13:30 | | EVA System Configuration |
| 11:30-12:30 | | Conference on specifics of Progress 408 docking |
| 12:00-13:00 | | Physical Exercise (VELO), Day 3 |
| 12:20-13:00 | | HMS Vision Test |
| 12:30-13:30 | | WRS. Water Filled Container Count |
| 12:30-13:30 | | |
| | | BAR Terminate Pyren Charge |
| 12:40-13:00 | | Start BSA Battery Charge |
| 13:00-14:00 | FE-1, FE-2, FE-3, FE-5, FE-6 | LUNCH |
| 13:00-13:05 | CDR | CUBELAB-VID Playback Setup |
| 13:05-14:05 | CDR | LUNCH |
| 14:00-14:15 | FE-5 , FE-6 | Photo skills training for the Shuttle R-Bar Pitch Maneuver |
| 14:00-15:30 | FE-3 | Capillary Flow Experiments (CFE) Flow 2 Test |
| 14:05-15:05 | CDR | EVA System Configuration |
| 14:15-15:15 | FE-6 | ARED Lubrication |
| 14:15-14:45 | FE-1, FE-2, FE-5 | ISS-MCC-M TV. TV greetings (T1, T2, T3 activated from Daily Flight Program [СПП]) |
| 14:45-15:25 | FE-2 | СОЖ Maintenance |
| 14:45-16:15 | FE-5 | CKB2 BTK2 Fan Damper Replacement |
| 15:05-15:10 | CDR | CUBELAB Closeout Ops |
| 15:05-15:25 | CDR | HRF-MEDIA KIT Setup |
| 15:15-15:30 | FE-6 | IMS Tagup (S-band) |
| 15:25-15:35 | CDR | PanOptic Hardware Setup |
| 15:35-15:40 | CDR | PanOptic - Video Adjustment |
| 15:35-15:40 | FE-3 | P/L Multi-Protocol Converter (MPC) Power Off |
| 15:40-15:45 | CDR | PanOptic - Work prep |
| 15:40-15:55 | FE-6 | Private conference with specialists |
| 15:40-16:10 | FE-3 | CFE Teardown |
| 15:45-15:50 | CDR | CUBELAB-VID - Closeout Ops |
| 15:45-17:15 | FE-1 | Physical Exercise (TVIS), Day 4 |
| 15:45-16:45 | FE-2 | Physical Exercise (ARED) |
| 15:55-16:55 | FE-6 | Physical Exercise (CEVIS) |
| 16:10-16:15 | FE-3 | PanOptic - Work prep |
| 16:15-16:45 | FE-3 | Conduct PanOptic Exam |
| 16:45-18:15 | FE-2 | Physical Exercise (TVIS), Day 4 |
| 16:55-18:25 | FE-6 | Physical Exercise (ARED) |

| 19:00-19:30 Evening Work Prep 19:30-19:35 FE-6 MPC Power Up 19:30-20:00 CDR, FE-1, FE-2, FE-3, FE-5 Pre-sleep 19:35-20:00 FE-6 Pre-sleep 20:00-20:20 FD / ISS crew conference 20:20-21:30 FE-1, FE-2, FE-3, FE-5 Pre-sleep 20:20-21:25 FE-6 Pre-sleep 20:20-21:15 CDR Pre-sleep 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | | | |
|--|-------------|---------------------|--|
| 18:10-18:30 CDR | 17:00-17:30 | CDR | PanOptic - Exam (CMO) |
| 18:15-18:20 FE-2 Elektron-VM Aerosol Filter Inspection 18:15-18:35 FE-3 HRF Urine Collection Hardware Setup 18:30-18:35 CDR Pan Optic - Video Stow 18:35-19:00 Daily Planning Conference (S-band) 19:00-19:30 Evening Work Prep 19:30-19:35 FE-6 MPC Power Up 19:30-20:00 FE-6 Pre-sleep 19:35-20:00 FE-6 Pre-sleep 20:00-20:20 FD / ISS crew conference 20:20-21:30 FE-1, FE-2, FE-3, FE-5 Pre-sleep 20:20-21:25 FE-6 Pre-sleep 20:20-21:15 CDR Pre-sleep 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | 17:00-17:30 | FE-3 | PanOptic - Exam (SUBJ) |
| 18:15-18:35 FE-3 HRF Urine Collection Hardware Setup 18:30-18:35 CDR Pan Optic - Video Stow 18:35-19:00 Daily Planning Conference (S-band) 19:00-19:30 Evening Work Prep 19:30-19:35 FE-6 MPC Power Up 19:30-20:00 FE-6, FE-1, FE-2, FE-3, FE-5 19:35-20:00 FE-6 Pre-sleep 20:00-20:20 FD / ISS crew conference 20:20-21:30 FE-1, FE-2, FE-3, FE-5 Pre-sleep 20:20-21:25 FE-6 Pre-sleep 20:20-21:15 CDR Pre-sleep 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | 18:10-18:30 | CDR | Pan Optic Hardware Stowage and Data Downlink |
| 18:30-18:35 CDR Pan Optic - Video Stow 18:35-19:00 Daily Planning Conference (S-band) 19:00-19:30 Evening Work Prep 19:30-19:35 FE-6 MPC Power Up 19:30-20:00 FE-6, FE-1, FE-2, FE-3, FE-5 Pre-sleep 19:35-20:00 FE-6 Pre-sleep 20:00-20:20 FD / ISS crew conference 20:20-21:30 FE-1, FE-2, FE-3, FE-5 Pre-sleep 20:20-21:25 FE-6 Pre-sleep 20:20-21:15 CDR Pre-sleep 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | 18:15-18:20 | FE-2 | Elektron-VM Aerosol Filter Inspection |
| Daily Planning Conference (S-band) | 18:15-18:35 | FE-3 | HRF Urine Collection Hardware Setup |
| 19:00-19:30 Evening Work Prep 19:30-19:35 FE-6 MPC Power Up 19:30-20:00 CDR, FE-1, FE-2, FE-3, FE-5 Pre-sleep 19:35-20:00 FE-6 Pre-sleep 20:00-20:20 FD / ISS crew conference 20:20-21:30 FE-1, FE-2, FE-3, FE-5 Pre-sleep 20:20-21:25 FE-6 Pre-sleep 20:20-21:15 CDR Pre-sleep 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | 18:30-18:35 | CDR | Pan Optic - Video Stow |
| 19:30-19:35 | 18:35-19:00 | | Daily Planning Conference (S-band) |
| CDR, FE-1, FE-2, FE-3, FE-5 19:35-20:00 FE-6 Pre-sleep 20:00-20:20 FD / ISS crew conference 20:20-21:30 FE-1, FE-2, FE-3, FE-5 20:20-21:25 FE-6 Pre-sleep 20:20-21:15 CDR Pre-sleep 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down SLEEP | 19:00-19:30 | | Evening Work Prep |
| 19:30-20:00 FE-2, FE-3, FE-5 Pre-sleep 19:35-20:00 FE-6 Pre-sleep 20:00-20:20 FD / ISS crew conference 20:20-21:30 FE-1, FE-2, FE-3, FE-5 Pre-sleep 20:20-21:25 FE-6 Pre-sleep 20:20-21:15 CDR Pre-sleep 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | 19:30-19:35 | FE-6 | MPC Power Up |
| Pre-sleep Pre- | 19:30-20:00 | FE-2 , FE-3, | Pre-sleep |
| 20:20-21:30 | 19:35-20:00 | FE-6 | Pre-sleep |
| 20:20-21:30 FE-3, FE-5 Pre-sleep 20:20-21:25 FE-6 Pre-sleep 20:20-21:15 CDR Pre-sleep 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | 20:00-20:20 | | FD / ISS crew conference |
| 20:20-21:15 CDR Pre-sleep 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | 20:20-21:30 | | Pre-sleep |
| 21:15-21:30 CDR Private family conference 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | 20:20-21:25 | FE-6 | Pre-sleep |
| 21:25-21:30 FE-6 MPC Power Down 21:30-06:00 SLEEP | 20:20-21:15 | CDR | Pre-sleep |
| 21:30-06:00 SLEEP | 21:15-21:30 | CDR | Private family conference |
| | 21:25-21:30 | FE-6 | MPC Power Down |
| Task List FE-2 Window Inspection | 21:30-06:00 | | SLEEP |
| · | Task List | FE-2 | Window Inspection |

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
 Pre-sleep ops: dinner, daily food prep, evening toilet
 End of Radiogram