

Radiogram No. 689nu

Form 24 for 07/12/09 (**BACKUP, No Shuttle**) Updated

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:35	CDR	PLASMA CRYSTAL-3 PLUS. ПК-3 PLUS EB Turbo-Pump Activation
07:30-08:45	FE-2	Physical Exercise (IRED)
08:45-10:00	FE-2	Physical Exercise (TVIS)
09:05-10:05	FE-1	Physical Exercise (CEVIS)
10:05-11:05	FE-3	Physical Exercise (VELO), day 3
10:05-11:35	FE-1	Physical Exercise (IRED)
10:20-11:20	FE-4	Physical Exercise (CEVIS)
11:05-11:35	FE-3	Hygiene Procedures
11:20-12:20	CDR	Physical Exercise (TVIS), day 3
11:20-12:50	FE-4	Physical Exercise (IRED)
12:00-12:10	FE-1	LAB Window Shutter Closure
12:20-12:50	CDR	Hygiene Procedures
12:50-13:50	.	LUNCH
13:50-14:00	CDR	Monitoring TV signal on SSC1 Laptop during MPEG-2 Test ( <i>Ku+S-band</i> )
13:50-13:55	FE-1	A31P Laptop Configuration
14:00-14:30	CDR	Spectrum Analyzer Activation
14:05-14:10	FE-5	HAM Radio Setup
14:10-14:20	FE-5	HAM Radio Session
14:30-15:10	FE-3	COЖ Maintenance. <b>Flush Counter (СП), Water Supply System (CBO), Potok Air Purification System Data Calldowns</b>
15:00-15:05	FE-4	JPM Laptop Activation
15:10-15:20	FE-5	Connecting Rack Umbilical
15:10-15:40	CDR,FE-3	Preparation for Progress 402 approach to the ISS (to ПxO +Y port). <i>Tagup with specialists (S-band)</i>
15:20-16:20	FE-5	Physical Exercise (CEVIS)
15:40-17:10	CDR,FE-3	Retry Progress 402 approach to the ISS (to ПxO +Y Port). <i>Tagup with specialists (S-band)</i>
16:20-17:50	FE-5	Physical Exercise (IRED)
17:25-17:35	CDR	Progress Post Approach Comm Reconfig
17:25-17:40	FE-3	Terminate Ku-band Video Downlink
17:35-18:35	CDR	Physical Exercise (IRED)
17:40-18:40	FE-3	Physical Exercise (TVIS), day 3
17:50-18:40	FE-4	Evening Work Prep
17:55-18:10	FE-5	Private Family Conference ( <i>Ku+S-band</i> )
18:15-19:05	FE-2,FE-5	Evening Work Prep
18:20-18:35	FE-1	Removal of Test Equipment Used for TV Ku-band Downlink
18:35-19:05	CDR,FE-1	Evening Work Prep
18:40-19:05	FE-3	Evening Work Prep
18:40-18:55	FE-4	Private Family Conference ( <i>Ku+S-band</i> )

19:05-19:20	CDR,FE-1,FE-2, FE-3,FE-5	Pre-sleep
19:20-19:45	.	Daily Planning Conference ( <i>S-band</i> )
19:45-21:30	FE-1,FE-2,FE-3, FE-4,FE-5	Pre-sleep
19:45-19:50	CDR	Pre-sleep
19:50-20:10	CDR	Receiving Progress Telemetry. <i>Tagup with specialists (S-band)</i>
21:25-21:30	CDR	PLASMA CRYSTAL-3 PLUS. ПК-3 PLUS EB Turbo-Pump Deactivation
21:30-06:00	CDR,FE-2, FE-3,FE-4	SLEEP
21:30-22:00	FE-1	SLEEP
21:30-22:30	FE-5	SLEEP
22:00-22:15	FE-1	Private Family Conference ( <i>Ku+S-band</i> )
22:15-06:00	FE-1	SLEEP
22:45-06:00	FE-5	SLEEP
Task List	CDR	ECON. Observations and Photography

**Notes:**

1. SM Window #9 shutter opening is at crew discretion with Report to MCC
  2. See OSTP for references to US activities.
  3. **Pre-sleep:** dinner, daily food prep, evening toilet
- End of Radiogram