

RG 0430u
Crew Rest

Form 24 for 06/06/09

Time	Crew	Ops
06:00-06:10	CDR,FE-1,FE-2, FE-3	Morning inspection
06:00-06:05	FE-5	SLEEP - data logging FE5
06:00-06:05	FE-4	SLEEP - data logging FE4
06:05-06:35	FE-4,FE-5	Post-sleep
06:10-06:40	CDR,FE-1,FE-2	Post-sleep
06:10-06:20	FE-3	MO-8. Test config
06:20-06:35	FE-3	Body mass measurement
06:35-06:50	FE-4	Body mass measurement
06:35-06:50	FE-5	Breakfast
06:35-07:05	FE-3	Post-sleep
06:40-07:30	CDR,FE-1,FE-2	Breakfast
06:50-07:30	FE-4	Breakfast
06:50-07:05	FE-5	Body mass measurement
07:05-07:15	FE-3	MO-8. Concluding steps
07:05-07:30	FE-5	Breakfast
07:15-08:05	FE-3	Breakfast
07:30-07:50	FE-4	Nutrition and Repository – urine sample collection
07:50-07:55	FE-2	Ham radio HW prep
07:50-08:00	FE-4	Nutrition и Repository – installing first urine samples into MELFI
07:55-08:00	FE-5	Nutrition и Repository. Photographing
07:55-08:05	FE-2	Ham radio session
08:00-08:20	FE-4	Nutrition и Repository – blood sample collection
08:00-08:15	FE-5	Nutrition и Repository – blood sampling operator
08:00-08:05	FE-1	Nutrition и Repository. Photographing
08:05-08:15	FE-3	Verifying absence of cooling agent on housing of half-coupling 4ГБ4 КОБ2
08:15-09:15	FE-3	FE ВЕЛО - 4
08:20-08:30	CDR,FE-1	Remove Oxygen Unit БК-3 and БРТА battery / ODF
08:20-08:30	FE-4	Nutrition и Repository – assembling cooling centrifuge equipment
08:20-08:40	FE-5	Nutrition – urine sample collection

08:30-08:40	CDR	Installing Orlan's 825M3 Unit 1 for discharge and start discharging Unit 1. №1268990194 (b/c 00044936) from Orlan №5 / ODF
08:30-08:40	FE-4	Nutrition и Repository – cooling centrifuge config
08:40-08:50	FE-5	Nutrition – install first urine samples into MELFI
09:10-09:40	FE-2	Install photo equipment to record experiment
09:10-09:30	FE-4	Nutrition и Repository - installing first blood samples into MELFI
09:10-09:15	FE-5	Nutrition и Repository. Photographing
09:15-10:15	FE-5	FE CEVIS
09:15-10:15	CDR,FE-3	Search for panel ПКО-М 2АК-7205-00-01 index 1280002 ФГБ1ГА 0,5 СТБ 1145 b/c 006594J in white rectangular zippered cover (dimensions 35x20x20sm)
09:40-10:05	FE-2,FE-4	Experiment Try Zero-G. Working in pair
10:05-11:35	FE-4	FE ARED
10:05-10:20	FE-2	Experiment Try Zero-G. Moving with a fan
10:20-10:40	FE-2	Experiment Try Zero-G. Finishing steps
10:25-10:35	CDR,FE-1	Drying Orlans/ ODF
10:30-10:45	FE-3	Repress ISS with air from БНП №7
10:35-11:35	CDR	FE ВЕЛО – 4
10:40-11:55	FE-2	FE CEVIS
11:15-11:30	FE-3	PFC (<i>Ku+S-band</i>)
11:30-13:00	FE-5	FE ARED
11:35-12:05	CDR	Hygiene
12:00-13:00	FE-4	FE CEVIS
12:05-12:20	CDR	PFC (<i>Ku+S-band</i>)
12:35-12:40	CDR	Drying Orlans
13:00-13:40	.	DPC (<i>S-band</i>)
13:40-14:40	.	LUNCH
14:40-14:55	FE-2	Food questionnaire
14:40-14:50	CDR,FE-1	Drying Orlans
14:45-15:05	FE-4	Nutrition and Repository - отбор проб урины
14:50-15:10	FE-1	Removing US lights from Orlans
14:55-15:10	CDR	PMC (<i>Ku+S-band</i>)
15:05-15:10	FE-4	Nutrition и Repository – installing urine samples into MELFI
15:10-15:30	FE-5	Nutrition – urine sample collection
15:10-15:25	CDR	Pille sensors readings post EVA
15:20-15:35	FE-4	Private Psych conf (<i>Ku+S-band</i>)

15:30-16:30	CDR	Orlan water tank refill
15:30-15:35	FE-5	Nutrition – installing urine sample into MELFI
16:00-17:15	FE-2	FE ARED
16:30-16:45	FE-1	Post EVA PMC (<i>S-band</i>)
16:30-17:00	CDR	EVA photos downlink
16:45-17:00	FE-1	Food questionnaire
17:00-18:00	CDR	FE ARED
17:00-18:00	FE-1	FE CEVIS
17:20-18:20	FE-3	FE ЭСПАНДЕР – 1
17:40-19:30	FE-2	3 min long video of science experiment
17:40-17:55	FE-4	PFC (<i>S+Ku-band</i>)
18:00-19:30	FE-1	FE ARED
18:20-18:50	FE-3	Hygiene
18:40-19:00	FE-5	Nutrition – urine sample collection
18:50-19:30	FE-3	СОЖ maintenance БМП fan grille cleaning
18:50-19:10	FE-4	Nutrition and Repository – urine sample collection
19:00-19:05	FE-5	Nutrition – installing urine sample into MELFI
19:10-19:15	FE-4	Nutrition и Repository - installing urine sample into MELFI
19:15-19:20	FE-4	TVIS CEVIS HRM data transfer to MEC
19:20-19:25	FE-4	OCA SSC router reboot
19:25-19:30	FE-4	OCA SSC server reboot
19:30-21:30	.	Pre-sleep (supper, daily food ration, pre-sleep)
21:30-06:00	.	Sleep

Notes:

- 1 Window 9 cover opening – crew discretion, **Report to MCC**
2. Missing links to US ops -- see OSTP