

Radiogram No. 547u

Form 24 for 06/20/09

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1, FE-2, FE-3, FE-5	Morning Inspection
06:00-06:20	FE-4	Nutrition and Repository Urine Sample Collection
06:10-06:40	CDR, FE-1, FE-2, FE-3	Post-Sleep
06:10-06:20	FE-5	
06:20-06:50	FE-5	BREAKFAST
06:20-06:25	FE-4	Nutrition and Repository Urine Sample MELFI Insertion
06:25-06:35	FE-4	Morning Inspection
06:35-06:55	FE-4	Post-Sleep
06:40-07:30	CDR, FE-1, FE-2, FE-3	BREAKFAST
06:50-07:10	FE-5	Nutrition Urine Collection
06:55-07:10	FE-4	BREAKFAST
07:10-07:20	FE-5	Nutrition Insertion of First Urine Samples into MELFI
07:10-07:15	FE-4	Nutrition Photography
07:15-07:30	FE-4	BREAKFAST
07:20-07:30	FE-5	Post-Sleep
07:30-10:30	CDR, FE-3	Weekly Housekeeping Grille Cleaning in ВПхО, ВПрК, and FGB ЦБ2
07:30-10:30	FE-1, FE-2, FE-4, FE-5	Weekly Housekeeping
10:30-11:45	FE-2	Physical Exercise (ARED)
10:30-11:30	FE-4	Physical Exercise (TVIS)
11:30-13:00	FE-4	Physical Exercise (ARED)
11:35-12:35	CDR	Physical Exercise (TVIS) Day 2
11:45-13:00	FE-2	Physical Exercise (CEVIS)
12:05-13:05	FE-3	Physical Exercise (VELO) Day 2
12:25-12:40	FE-5	Private Psychological Conference (<i>Ku + S-band</i>)
12:35-13:05	CDR	Post-Exercise Hygiene Procedure
12:40-13:00	FE-5	Nutrition Urine Collection
13:00-13:05	FE-5	Nutrition Urine Sample Insertion into MELFI
13:05-13:35		Weekly Planning Conference (<i>S-band</i>)
13:35-14:35		LUNCH
14:35-14:55	FE-4	Nutrition and Repository Urine Sample Collection
14:35-15:15	CDR	COЖ Maintenance
14:55-15:00	FE-4	Nutrition and Repository Urine Sample MELFI Insertion
15:00-15:15	FE-4	Private Psychological Conference (<i>Ku + S-band</i>)
15:45-17:15	FE-5	Physical Exercise (ARED)

16:00-17:00	FE-3	Physical Exercise (TVIS) Day 2
16:05-17:05	FE-1	Physical Exercise (CEVIS)
17:00-17:30	FE-3	Post-Exercise Hygiene Procedure
17:05-18:35	FE-1	Physical Exercise (ARED)
17:15-18:15	FE-5	Physical Exercise (TVIS)
17:50-18:05	FE-4	Food Frequency Questionnaire
18:30-19:30	CDR	Physical Exercise (ARED) Day 2
19:05-19:25	FE-5	Nutrition Urine Collection
19:20-19:25	FE-2	OCA SSC Router Reboot
19:25-19:30	FE-2	SSC File Server Reboot
19:25-19:30	FE-5	Nutrition Urine Sample Insertion into MELFI
19:25-19:30	FE-1	Transfer TVIS, CEVIS, and HRM data to MEC
19:30-21:30		Presleep (dinner, daily food prep, evening toilet)
21:30-06:00	.	SLEEP
Task List	CDR	URAGAN 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
- End of Radiogram