

Radiogram No. 5446u

Form 24 for 02/22/2011

**CREW HEALTH STATUS**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:05	CDR,FE-1,FE-6	Morning Inspection
	FE-4	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-2	MO-8. Setup
06:00-06:20	FE-5	SOLO 24-hour Urine Collection
06:05-06:10	FE-1,FE-4	Post-sleep
06:05-06:20	CDR	
06:05-06:25	FE-6	
06:10-06:20	FE-1,FE-2,FE-4	Calf Volume Measurement
06:20-06:35	FE-4	Post-sleep
	FE-1	Biochemical Urine Test
06:20-06:30	FE-5	SOLO Urine Sample Insertion into MELFI
06:20-06:40	FE-2	Post-sleep
06:20-06:25	CDR	Body Mass Measurement
06:25-06:40	CDR	Post-sleep
06:25-06:30	FE-6	Body Mass Measurement
06:30-06:45	FE-6	Post-sleep
06:30-06:40	FE-5	SOLO SLAMMD Prep
06:35-06:45	FE-1	Post-sleep
06:35-06:40	FE-4	Body Mass Measurement
06:40-06:55	FE-4	Biochemical Urine Test
06:40-06:50	FE-5	SOLO Body Mass Measurement.
06:40-06:45	FE-2	Body Mass Measurement
06:40-07:30	CDR	BREAKFAST
06:45-06:55	FE-2	Post-sleep
06:45-06:50	FE-1	Body Mass Measurement
06:45-07:40	FE-6	BREAKFAST
06:50-07:10	FE-5	SOLO SLAMMD Deactivation and Stowage
06:50-07:40	FE-1	BREAKFAST
06:55-07:10	FE-2	Biochemical Urine Test
06:55-07:40	FE-4	BREAKFAST
07:10-07:20	FE-2	Post-sleep
07:10-07:25	FE-5	Biochemical Urine Test
07:20-07:30	FE-2	Stowing URISIS Hardware
07:25-07:30	FE-5	Body Mass Measurement
07:30-07:40	FE-2	MO-8. Cleanup
	FE-5	Post-sleep
07:30-07:35	CDR	Work Prep
07:35-07:40	CDR	ARED Exercise Video Setup
07:40-07:55	FE-6	Daily Planning Conference ( <i>S-band</i> )

07:40-08:05	CDR,FE-1,FE-2,FE-4,FE-5	
07:55-08:00	FE-6	ISS HAM Radio Setup in Service Module
08:00-08:20	FE-6	ISS HAM Radio Session from SM
08:05-09:35	CDR	Physical Exercise (ARED)
08:05-08:20	FE-5	SLAMMD Equipment Stow
08:05-08:30	FE-2	BREAKFAST
08:05-08:15	FE-1,FE-4	Work Prep
08:15-08:30	FE-1	Private medical conference with physical exercise specialist ( <i>S-band</i> )
08:15-08:25	FE-4	Verification of anti-virus scan results on Auxiliary Computer System (BKC) laptops
08:20-09:05	FE-5	BREAKFAST
08:20-08:50	FE-6	Work Prep
08:30-10:30	FE-1	Study of veins in lower extremities
08:30-09:10	FE-2	Filling EDV [KOB] for Elektron from <b>CWC #1064, #1043</b>
08:30-08:45	FE-4	Private medical conference with physical exercise specialist ( <i>S-band</i> )
08:50-09:50	FE-6	Physical Exercise (CEVIS)
09:05-09:10	FE-5	ISS HAM Radio Setup in Service Module
09:10-09:25	FE-5	ISS HAM Radio Session from SM
09:10-09:50	FE-2	COX Maintenance
09:15-10:45	FE-4	Physical Exercise (TVIS), Day 1
09:30-10:00	FE-5	BIORHYTHM Saving 2nd Measurement Data To Laptop
09:35-10:35	CDR	Physical Exercise T 2
09:50-10:05	FE-2	Private medical conference with physical exercise specialist ( <i>S-band</i> )
	FE-6	ARED Flywheel Cylinder Evacuation
10:00-11:30	FE-5	Periodic Fitness Evaluation Nom Ops
10:05-11:35	FE-6	Physical Exercise (ARED)
10:30-12:30	FE-2	Study of veins in lower extremities
10:30-10:40	FE-1	BAR. Terminate Pyren Charge
10:35-11:05	CDR assists	Periodic Fitness Evaluation Nom Ops
10:45-13:15	FE-1,FE-4	Vozdukh BOA R&R Procedure Review. <i>Tagup with specialists (S-band)</i>
11:05-12:05	CDR	US EVA Tool Gather
11:30-12:10	FE-5	EMU-LVCG Water Charge
11:35-12:35	FE-6	KU Power Supply Checkout
12:05-12:50	CDR	A/L Preparation
12:30-13:30	FE-2	Physical Exercise (TVIS), Day 4
12:30-12:45	FE-5	Private Medical Conference
12:35-12:50	FE-6	MELFI Video Config
12:50-13:15	FE-6	MELFI2 to Lab Umbilical Demate
	CDR	MELFI3 to JPM Umbilical Demate
13:15-14:15	CDR,FE-1,FE-4,FE-5,FE-6	LUNCH
13:30-14:30	FE-2	

14:15-14:30	<b>FE-1</b>	Private Medical Conference ( <i>S-band</i> )
14:15-15:05	CDR, <b>FE-4</b>	MELFI3 Transfer from JPM to Lab
	FE-5,FE-6	MELFI2 Transfer from Lab to JPM
14:30-14:45	<b>FE-2</b>	MATRYOSHKA-R Photos
14:30-15:20	<b>FE-1</b>	MATRYOSHKA-R. BUBBLE-dosimeter initialization and deployment for exposure
14:45-15:00	<b>FE-2</b>	Private Medical Conference ( <i>S-band</i> )
15:05-15:35	FE-6	MELFI2 to JPM Umbilical Mate
	CDR	MELFI3 to LAB Umbilical Mate
15:20-16:00	<b>FE-2,FE-4</b>	Study of Cardiac Bioelectric Activity at Rest. <i>Tagup w/specialists (VHF)</i> <b>To=15:24</b>
	<b>FE-1</b>	Sampling condensate water [KAB] upstream of CPB-K2M Gas-Liquid Mixture Filter [ΦΓC]- sampler removal
15:30-17:00	FE-5	Physical Exercise (ARED)
15:35-15:45	CDR	WRS Water Sample Analysis
15:35-15:50	FE-6	Private Psychological Conference
15:45-16:25	CDR	ISS Video Tour
15:50-16:10	FE-6	Ku-band Video Downlink Test (docking preparation)
16:00-18:30	<b>FE-1</b>	Physical Exercise (TVIS), Day 4
16:00-16:15	<b>FE-4</b>	Private Medical Conference ( <i>S-band</i> )
16:10-16:40	<b>FE-2,FE-6</b>	Ku-band Video Downlink Test (configuring Video System [TBC] for ATV docking)
16:25-16:30	CDR	MPC Power Up
16:20-17:20	<b>FE-4</b>	Physical Exercise (VELO), Day 1
16:30-16:40	CDR	CIR Alignment Guide Installation
16:40-17:00	<b>FE-2</b>	IMS Update
16:40-16:55	CDR	Private Psychological Conference
16:40-16:45	FE-6	Photo/TV: A31P Laptop Deactivation
16:45-16:55	FE-6	CSA-CP Battery Changeout
16:55-17:05	FE-6	WRS2 Door Photo
16:55-17:00	CDR	MPC Power Down
17:00-17:30	<b>FE-2</b>	Sampling condensate water [KAB] upstream of CPB-K2M Gas-Liquid Mixture Filter (ΦΓC)- installation of separator and sampler
17:00-17:05	FE-5	ARED Guide Rail Inspection
17:05-18:05	CDR,FE-5,FE-6	ULF5 Timeline Review
17:20-19:10	<b>FE-4</b>	RUSALKA Setup, Photo/Video, Data Copy, And Cleanup
17:30-18:30	<b>FE-2</b>	Physical Exercise (ARED)
18:05-18:35	CDR,FE-5,FE-6	ULF5 Timeline Conference
18:30-19:00	<b>FE-2</b>	Hygiene Procedures
18:35-18:55	FE-6	Start BSA Battery Charge
18:35-19:05	<b>FE-1</b>	Evening Work Prep
18:35-18:45	CDR	TOCA 2 Data Recording
18:35-18:55	FE-5	Evening Work Prep

18:45-19:05	CDR	
18:55-19:05	FE-6	
19:00-19:05	<b>FE-2</b>	Elektron-VM Aerosol Filter Inspection
	FE-5	ATV-CC Voice Check
19:05-19:30	CDR, <b>FE-1,FE-2,</b> FE-5,FE-6	Daily Planning Conference ( <i>S-band</i> )
19:10-19:30	<b>FE-4</b>	
19:30-19:35	FE-6	MPC Power Up
19:30-21:30	CDR, <b>FE-1,FE-2,</b> <b>FE-4,FE-5</b>	Pre-sleep
19:35-21:25	FE-6	Pre-sleep
21:25-21:30	FE-6	MPC Power Down
21:30-06:00	.	SLEEP

**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
- End of Radiogram