

Radiogram No. 6796u

Form 24 for 07/20/2011

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. SM ПСС [Caution & Warning Panel] Test
06:00-06:10	FE-1, FE-4, FE-3, FE-5, FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:25-08:30	FE-4	Set up video equipment to record ARED exercise
08:30-10:00	FE-4	Physical Exercise (ARED)
08:40-08:55	FE-5	FD / ISS crew conference
08:55-09:05	FE-5	EHS GC/DMS Ops Start
09:00-10:00	FE-3	Physical Exercise T2
09:05-09:20	FE-5	Crew Discretionary Conference
10:00-10:05	FE-3	Photo/TV Camcorder Setup Verification
10:05-11:30	FE-3	Physical Exercise (ARED)
10:30-11:30	FE-1	Physical Exercise (VELO), Day 4
11:30-11:35	CDR	Photo/TV Camcorder Setup Verification
11:30-12:30	FE-6	Physical Exercise T2
11:30-11:40	FE-1	CTTC comm system switchover to the primary string
11:35-13:00	CDR	Physical Exercise (ARED)
12:20-13:00	FE-4	COЖ Maintenance
13:00-14:00		LUNCH
14:00-14:15	CDR, FE-1, FE-4	Conference with an editor of Rossiyskiy Kosmos (Russian Space) magazine (<i>S-band</i>)
14:10-14:15	FE-5	EHS GC/DMS Ops Terminate
14:45-15:25	CDR	Microbial Air Sampling (medium 1, sampling locations #1-#8)
15:10-15:25	FE-5	Private Medical Conference
15:15-15:25	FE-6	ISS HAM Radio Session Setup in SM
15:25-15:30	FE-5	Photo/TV Camcorder Setup Verification
15:25-15:40	FE-6	ISS HAM Radio Session from SM
15:30-16:55	FE-5	Physical Exercise (ARED)
15:40-17:10	FE-1	Physical Exercise (TVIS), Day 4
15:45-16:20	FE-6	EMCS Container Changeout
16:25-16:40	FE-6	Private Medical Conference
16:50-17:05	FE-3	Private Medical Conference
16:55-17:55	CDR	Physical Exercise (TVIS), Day 4
16:55-17:00	FE-5	Stow Video Equipment Used for ARED Exercise Video
17:00-18:00	FE-5	Physical Exercise T2
17:00-18:30	FE-6	Physical Exercise (ARED)
17:30-17:45	FE-3	VO2max PPFS Stowage
17:45-18:15	FE-3	VO2 Stowage
17:55-18:15	CDR	MO-21 Prep. Ecosphere Battery Charge
18:00-19:00	FE-4	Physical Exercise (VELO), Day 1

18:15-19:00	CDR, FE-5	Evening Work Prep
18:20-19:00	FE-3	Evening Work Prep
18:30-18:45	FE-6	ARED Flywheel Cylinder Evacuation
18:45-18:55	FE-6	Evening Work Prep
19:00-19:25		Daily Planning Conference (<i>S-band</i>)
19:25-19:30		Evening Work Prep
19:30-21:30	CDR, FE-1, FE-3, FE-5	Pre-sleep
19:30-19:35	FE-6	MPC Power Up
19:30-21:20	FE-4	Pre-sleep
19:35-21:25	FE-6	Pre-sleep
21:20-21:30	FE-4	URAGAN. FSS PL Battery Charge (start)
21:25-21:30	FE-6	MPC Power Down
21:30-06:00	CDR, FE-1, FE-4, FE-6, FE-5	SLEEP
21:30-22:00	FE-3	SLEEP
22:00-22:15	FE-3	Private Special Conference
22:15-06:00	FE-3	SLEEP
Task List	CDR, FE-1, FE-4	Preparation of reports for Roskosmos site

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