

Radiogram No. 6808u

Form 24 for 07/22/2011

Test Activation of БOK3-2. Health Monitoring

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. SM ПСС [Caution & Warning Panel] Test
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	FE-6	Work Prep
07:30-07:55	CDR, FE-1, FE-4, FE-3, FE-5	Work Prep
07:55-08:20		Daily Planning Conference (<i>S-band</i>)
08:20-08:35		ISS Crew and ГОГУ (RSA Flight Control Team Management) Weekly Conference (<i>S-band</i>)
08:35-08:50	CDR, FE-1, FE-4	IMS Tagup (<i>S-band</i>)
08:35-08:45	FE-6	VO2max Video Setup
08:35-09:35	FE-3	PMM Cleanup
08:35-08:50	FE-5	JAXA. Video Setup
08:45-08:55	FE-6	FIR Removal
08:50-10:05	CDR	ПxO and DC1 config for EVA and IMS update
08:50-11:50	FE-1, FE-4	ПxO and DC1 config for EVA and IMS update
08:50-09:50	FE-5	KIBO Video
08:55-09:55	FE-6	PMM Cleanup
09:50-10:00	FE-5	JAXA Video Equipment Closeout Ops
10:00-10:05	FE-5	JAXA. Start Video Downlink
10:05-10:15	FE-6	VO2max Portable PFS Power Up
10:10-11:30	CDR	RUSALKA Setup, Photo/Video, And Closeout Ops. <i>Tagup with specialists (as necessary) (S-band)</i>
10:10-13:25	FE-5	PMM Cleanup
10:15-10:45	FE-6	VO2 Stowage
10:15-11:45	FE-3	Physical Exercise (ARED)
10:45-11:10	FE-6	VO2max Experiment Protocol
11:10-11:50	FE-6	VO2max Portable PFS Software Calibrations and Instrument Check
11:40-12:00	CDR	Inspection of CPB-K2M Sediment Trap Insert
11:45-12:05	FE-3	Treadmill Kinematics Exercise Preparation
11:50-12:00	FE-1	КОБ2 4ГБ4 Half-Coupling Shell Coolant Leak Check
11:50-12:30	FE-6	VO2max Experiment Protocol
12:00-13:30	CDR	Physical Exercise (TVIS), Day 2
12:00-13:30	FE-1	Physical Exercise (ARED)
12:05-13:05	FE-3	Physical Exercise (T2)
12:30-13:30	FE-4	Physical Exercise (VELO), Day 3
12:30-12:40	FE-6	VO2 Closeout Ops
12:40-12:45	FE-6	VO2 Data Downlink
12:45-13:20	FE-6	VO2 Stowage

13:05-13:15	FE-3	Treadmill Kinematics Exercise End
13:20-13:30	FE-3	Food Frequency Questionnaire
13:25-13:30	FE-5	JAXA. Terminate Video Downlink
13:30-14:30	CDR, FE-1, FE-4, FE-5, FE-6	LUNCH
13:30-13:35	FE-3	P/L Multi-Protocol Converter (MPC) Power On
13:35-14:35	FE-3	LUNCH
14:30-16:00	CDR, FE-1, FE-4	ΠxO and DC1 config for EVA and IMS update
14:30-14:40	FE-5	Food Frequency Questionnaire
14:30-14:40	FE-6	Battery Stowage Assembly (BSA) Battery Recharge Terminate
14:35-15:20	FE-3	Node 1 Utility Outlet Panel Plug-in Plan Reconfiguration
14:40-14:50	FE-6	Food Frequency Questionnaire
14:40-14:50	FE-5	Terminate EMU Metox Regeneration
14:55-16:25	FE-6	ARED Rope Replacement
14:55-15:55	FE-5	ALTEA Transfer
15:20-15:55	FE-3	ARED Rope Replacement
15:55-16:00	FE-5	ALTEA Photos
16:00-16:40	CDR	COЖ Maintenance
16:00-17:00	FE-5	Physical Exercise (CEVIS)
16:15-16:20	FE-3	P/L Multi-Protocol Converter (MPC) Power Off
16:20-16:30	FE-3	G1 camcorder power up and activation to downlink MSPR Rack configuration image
16:25-16:45	FE-6	VO2max PPFS Stowage
16:30-16:50	FE-3	MSPR Rack Installation
16:40-17:20	CDR	MO-21. Analysis of medium 1 results obtained in locations #1 - #8
16:50-18:20	FE-3	Removal CCE from MSPR
17:00-17:40	FE-1	IDENTIFICATION. Copy IMY-LJ micro-accelerometer data to laptop
17:00-18:30	FE-5	Physical Exercise (ARED)
17:20-17:40	CDR	IMS Update
17:40-18:40	CDR	Physical Exercise (TVIS), Day 2
17:55-18:05	FE-6	FIR Alignment Guide Installation
18:00-18:40	FE-1	Evening Work Prep
18:05-18:40	FE-6	Evening Work Prep
18:10-18:40	FE-4	Evening Work Prep
18:20-18:30	FE-3	MSPR Stowage
18:30-18:35	FE-3	G1 Close-Out Ops
18:30-18:40	FE-5	Evening Work Prep
18:35-18:40	FE-3	Daily Diet Monitoring
18:40-19:05		Daily Planning Conference (<i>S-band</i>)
19:05-19:30	CDR	Evening Work Prep
19:05-19:30	FE-5, FE-6	Pre-sleep
19:05-19:15	FE-1, FE-4	Evening Work Prep
19:05-19:25	FE-3	Pre-sleep

19:15-19:30	FE-1, FE-4	Pre-sleep
19:25-19:30	FE-3	MPC Power Up
19:30-20:00	FE-1, FE-4-assists	MO-6. Hand Ergometry. To=19:39. <i>Tagup with specialists (VHF)</i>
19:30-19:50	CDR, FE-3, FE-6, FE-5	Flight Director/ISS Crew Tagup
19:50-21:30	FE-5, FE-6	Pre-sleep
19:50-20:10	CDR	Evening Work Prep
19:50-21:25	FE-3	Pre-sleep
20:00-20:10	FE-1, FE-4	Pre-sleep
20:10-20:25	CDR, FE-1, FE-4	HAM Radio Session (Lima, Peru)
20:25-20:30	CDR	Evening Work Prep
20:25-21:05	FE-1, FE-4	Pre-sleep
20:30-22:30	CDR	Pre-sleep
21:05-21:35	FE-4, FE-1-assists	MO-6. Hand Ergometry рк. To=21:14. <i>Tagup with specialists (VHF)</i>
21:25-21:30	FE-3	MPC Power Down
21:30-06:00	FE-3, FE-6, FE-5	SLEEP
21:35-22:30	FE-1, FE-4	Pre-sleep
22:30-07:00	CDR, FE-1, FE-4	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