

Radiogram No. 6847u

Form 24 for 07/28/2011

PREPARATION FOR EVA. HEALTH STATUS CHECK.

GMT	CREW	ACTIVITY
06:00-06:05	FE-6	Reaction Self-test
06:00-06:05	FE-3	Reaction Self-test
06:00-06:05	FE-5	Reaction Self-test
06:05-06:10	FE-3, FE-5, FE-6	Morning Inspection
06:10-06:40	FE-3, FE-5, FE-6	Post-sleep
06:40-07:30	FE-3, FE-5, FE-6	BREAKFAST
07:30-07:50	FE-5	Work Prep
07:30-07:40	CDR, FE-4	Morning Inspection
07:30-07:40	FE-1	Morning Inspection SM PCC [Caution & Warning Panel] Test
07:30-07:40	FE-3	Work Prep
07:30-07:45	FE-6	Work Prep
07:40-07:50	CDR, FE-1, FE-4	Post-sleep
07:40-07:50	FE-3	FIR Alignment Guide Removal
07:45-07:50	FE-6	EKAM WOLF Battery Swap
07:50-08:15		Daily Planning Conference (S-band)
08:15-08:25	FE-3	Work Prep
08:15-08:35	CDR, FE-1, FE-4	Post-sleep
08:15-08:20	FE-6	ISSAC Window Shutter Open
08:20-08:30	FE-6	Food Frequency Questionnaire
08:20-09:50	FE-5	Periodic Fitness Evaluation - Nom Ops (subject)
08:25-08:35	FE-3	Food Frequency Questionnaire
08:30-10:00	FE-6	Physical Exercise (ARED)
08:35-09:25	CDR, FE-1, FE-4	BREAKFAST
08:40-08:55	FE-3	Activity Review
08:55-09:25	FE-3	Periodic Fitness Evaluation - Nom Ops (assistance)
09:25-09:45	FE-1	Work Prep
09:25-09:40	FE-3	Assemble and label MRF
09:30-09:45	FE-4	RADIOSKAF. Terminate charging 825M3 pack
09:40-09:55	FE-3	Transfer water from CWC – start
09:45-10:25	FE-1, FE-4	RADIOSKAF. Prepare Radioskaf-V Microsatellite
09:50-09:55	FE-5	Transfer BP/ECG files from MEC to SSC for downlink.
09:55-10:55	FE-3	Physical Exercise (T2)
10:00-10:20	FE-6	EarthKAM Lens Change
10:20-11:00	CDR	COJ Maintenance
10:20-12:10	FE-6	PMM Cleanup
10:20-10:35	FE-5	Crew conference with Astronaut Office Manager
10:25-11:10	FE-1, FE-4	Preparation and Installation of Orlan-MK Add-On Hardware. Photograph Orlan gear
10:35-10:50	FE-5	Private Psychological Conference
10:50-12:05	FE-5	PMM Cleanup
10:55-12:25	FE-3	Physical Exercise (ARED)

11:00-11:15	CDR	IMS Conference
11:10-12:40	FE-4	Physical Exercise (TVIS), Day 1
11:10-11:25	FE-1	Medical kit configuration for EVA / r/g 6863
11:15-11:30	CDR	Remove two external handles from Progress 410 hatch door
11:30-12:30	CDR, FE-1	Progress 410 Docking Mechanism Instalation
12:05-12:15	FE-5	PAO Hardware Setup
12:15-12:25	FE-5	Crew Prep for PAO
12:25-12:45	FE-5	PAO Event
12:25-12:40	FE-3	Terminate transfer and tear down equipment
12:25-12:55	FE-6	Audit LAB1D1 rack for any items, including cables, that impact rack rotation
12:30-13:55	FE-1	Physical Exercise (TVIS), Day 4
12:40-12:50	FE-3	FIR Photo/Video Setup
12:40-13:10	CDR	SEINER Ocean Observations
12:45-12:55	FE-5	PAO Hardware Deactivation
12:50-13:00	FE-3	FIR Test Monitoring
12:55-13:55	FE-6	LUNCH
13:00-14:00	FE-3, FE-5	LUNCH
13:10-14:00	CDR	Physical Exercise (VELO), Day 4
13:55-14:00	FE-6	EKAM WOLF Battery Swap
14:00-14:30		E28/E29 Crew Conference
14:30-16:30	FE-5, FE-6	ARED Flywheel Torque Adjustment
14:30-14:35	FE-3	Video Camera Assembly 1 (VCA1) Adjustment
14:30-15:30	FE-4	LUNCH
14:30-14:35	CDR	On MCC Go ISS O2 Repress from Progress 411 CpГК (start)
14:35-15:35	CDR, FE-1	LUNCH
14:35-15:15	FE-3	HDVCA Installation
15:15-15:30	FE-3	HDVCA Setup for Analogue Mode
15:30-15:45	FE-3	HDVCA Activation
15:35-15:55	FE-1, FE-4	Set up of NASA Gear to be used with Orlan-MK
15:35-15:40	CDR	ISS O2 Repress From Progress 411 CpГК (terminate)
15:40-16:40	CDR	Connect KURS-P antenna feeder unit of MRM2 to K2 - BKA-CM container
15:45-15:55	FE-3	HDVCA Setup and Deactivation
15:55-17:25	FE-1, FE-4	Installation of USOS EMU lights and video camera on Orlan suits #4 and #6
15:55-16:10	FE-3	IMS and Stowage Conference
16:15-16:35	FE-3	Crew Discretionary Conference
16:30-18:00	FE-5	Physical Exercise (ARED)
16:35-16:45	FE-3	CWC Audit
16:40-16:50	FE-6	WHC Conference
16:40-17:10	CDR	Counter Measure System (CMS) Harmful Contaminant Measurements in SM
16:45-17:20	FE-3	Start EMU Battery Charge
17:10-17:25	CDR	Removing two handles from Progress 411 hatch door front side
17:20-18:20	FE-6	Physical Exercise (T2)
17:20-17:25	FE-3	Daily Diet Monitoring
17:25-18:25	CDR, FE-4	Progress 411 Docking Mechanism Instalation
17:25-17:35	FE-3	FIR Alignment Guide Installation
17:35-18:05	FE-3	Monitor installation of US lights and TV cameras on Orlan-MK
18:05-18:15	FE-3	Installation of Fluids Integrated Rack (FIR) Microgravity Rack Barrier (MRB)

18:05-18:45	FE-1	Evening Work Prep
18:10-18:45	FE-5	Evening Work Prep
18:15-18:20	FE-3	EKAM WOLF Battery Swap
18:20-18:45	FE-3, FE-6	Evening Work Prep
18:25-18:45	FE-4	Evening Work Prep
18:25-18:45	CDR	IMS Update
18:45-19:10	.	Daily Planning Conference (<i>S-band</i>)
19:10-20:10	CDR	Physical Exercise (ARED)
19:10-19:25	FE-3, FE-5, FE-6	Evening Work Prep
19:10-19:20	FE-1, FE-4	Evening Work Prep
19:20-19:55	FE-1, FE-4	Pre-sleep
19:25-21:25	FE-5	Pre-sleep
19:25-19:30	FE-3	MPC Power Up
19:25-21:20	FE-6	Pre-sleep
19:30-21:20	FE-3	Pre-sleep
19:55-20:45	FE-1, FE-4 (assists)	A study of cardiovascular system response to graded cycle ergometer exercise To=20.13 Tagup (VHF)
20:10-21:00	CDR	Evening Work Prep
20:45-21:30	FE-1, FE-4	Pre-sleep
21:00-23:00	CDR	Pre-sleep
21:20-21:25	FE-6	ISSAC - LAB window shutter closure
21:20-21:25	FE-3	Reaction Self-test
21:25-21:30	FE-3	MPC Power Down
21:25-21:30	FE-5	Reaction Self-test
21:25-21:30	FE-6	Reaction Self-test
21:30-06:00	FE-3, FE-5, FE-6	SLEEP
21:30-22:20	FE-4, FE-1 (assists)	A study of cardiovascular system response to graded cycle ergometer exercise (21:48) . Tagup with specialists (VHF)
22:20-23:00	FE-1, FE-4	Pre-sleep
23:00-07:30	CDR, FE-1, FE-4	SLEEP
Task List	CDR, FE-1, FE-4	Preparation of reports for Roskosmos site

Notes:

1. **20:15 - 23:10 No access to OCA**
2. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
3. See OSTP for references to US activities
4. Pre-sleep ops: daily food prep, dinner, pre-sleep
5. **Tagups with specialists during all EVA prep activities (S-band+VHF)**