

Radiogram No. 7091nu **Updated** Form 24 for 08/24/2011  
**LBNP Exercise. Soyuz Return Items Prepack**

GMT	CREW	ACTIVITY
06:00-06:10	FE-1, FE-4, FE-3, FE-5, FE-6	Morning Inspection
06:00-06:10	CDR	Morning Inspection. <b>SM ПСС [Caution &amp; Warning Panel] Test</b>
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Daily Planning Conference ( <i>S-band</i> )
07:55-08:10	FE-1, FE-3, FE-6	Work Prep
07:55-08:15	FE-4, FE-5	Work Prep
08:00-08:10	CDR	MOLNIYA-GAMMA БСПН (Payload Server) Science and Service Data Dump using RSS1 (start)
08:10-08:40	FE-6	Psychological Evaluation Program (WinSCAT)
08:10-08:30	CDR, FE-1, FE-3	KAZBEK Fit Check
08:15-08:20	FE-5	ISSAC Window Shutter Open
08:20-08:30	FE-5	WRS Water Sample Analysis
08:30-08:45	CDR, FE-4	PLANTS-2 Watering
08:30-09:00	FE-5	Psychological Evaluation Program (WinSCAT)
08:30-08:50	FE-3	Treadmill Kinematics Exercise Preparation
08:30-08:45	FE-1	<b>On MCC GO БМП Ф1</b> Absorption Cartridge Regeneration (start)
08:40-08:45	FE-6	Set up video equipment to record ARED exercise
08:45-10:00	FE-6	Physical Exercise (ARED)
08:45-09:45	CDR, FE-1, FE-4	Handover
08:50-09:50	FE-3	Physical Exercise (T2)
09:00-09:15	FE-5	Crew conference with SSIPC Astronaut Office ( <i>S-band</i> )
09:15-10:20	FE-5	Water collection from PWD Ambient for micro in-flight processing and TOCA analysis
09:45-10:45	FE-4	Life on the Station Photo and Video
09:50-10:00	FE-3	Treadmill Exercise Video Recording Termination
09:50-10:45	CDR, FE-1- assists	LBNP Exercise (PRELIMINARY). Chibis Exercise. <i>Tagup with specialists (VHF)</i>
10:00-11:30	FE-3	Physical Exercise (ARED)
10:00-10:20	FE-6	SCU Poppet Inspection and Torque
10:20-10:30	FE-6	Glove Box (MSG) Activation
10:20-10:55	FE-5	Diagnostic Kit Demonstration Part 1
10:30-12:30	FE-6	SHERE - Equipment Stow
10:45-11:15	CDR, FE-1, FE-4	Biotechnical PL Plan Review
10:55-11:00	FE-5	CGBA-5 Status Check
11:00-11:05	FE-5	TOCA Data Recording

11:05-11:15	FE-5	TOCA Potable Water Dispenser (PWD) Sample Analysis
11:15-12:10	<b>FE-1, CDR-assists</b>	LBNP Exercise (PRELIMINARY). Chibis Exercise. <i>Tagup with specialists (VHF)</i>
11:15-11:30	FE-5	Flight Director / ISS Crew Tagup
11:30-11:40	FE-3	FMK Deployment Ops
11:30-12:55	FE-5	Physical Exercise (ARED)
11:50-11:55	FE-3	MPC Power Up
11:55-13:10	<b>FE-4</b>	Physical Exercise (TVIS), Day 4
12:05-13:05	FE-3	Crew Departure Prep
12:10-13:10	<b>CDR, FE-1</b>	Prepacking cargo for return in Soyuz 231 DM
12:30-12:35	FE-6	Glove Box (MSG) Powerdown
12:35-12:50	FE-6	SHERE – Tray Stowage
12:50-12:55	FE-6	RED Exercise Video Equipment Stowage
12:55-13:55	FE-5	LUNCH
13:00-14:00	FE-6	LUNCH
13:05-14:05	FE-3	LUNCH
13:10-14:10	<b>CDR, FE-1, FE-4</b>	LUNCH
13:55-14:00	FE-5	Ku Scheme Cable Configuration
14:00-15:00	FE-6	MELFI Interior Cleaning
14:00-14:20	FE-5	Ku-band Video Downlink Test (docking prep)
14:05-14:10	FE-3	MPC Power Down
14:10-14:40	FE-3	Crew Medical Officer (CMO) Proficiency Training
14:10-14:30	<b>CDR</b>	Elektron-BM Liquid Unit Pressurization Prior To Activation
14:10-14:30	<b>FE-1</b>	IMS Update
14:20-14:50	<b>FE-4, FE-5</b>	TV Downlink Test via Ku-band in MPEG-2 and PAL standard (for Soyuz 702) / r/g 7106
14:30-15:30	<b>FE-1</b>	Filling EDV with water <b>EDV on PП Flow Regulator lid #945, 954; EDV-ZV lid #9 EDV-SV lid #946 from CWC #1098</b>
14:30-14:40	<b>CDR</b>	Monitoring Temperature on Secondary Purification Unit after Elektron Activation
14:40-14:50	<b>CDR</b>	MOLNIYA-GAMMA. БСПН (Payload Server) Science and Service Data Dump using RSS1 (term)
14:40-15:00	FE-3	GSC Air Sampling
14:50-14:55	FE-5	Photo/TV: A31P Laptop Deactivation
14:50-15:20	<b>FE-4</b>	Life on the Station Photo and Video
14:55-15:15	FE-5	Incorporate ECLSS EMERGENCY Pen & Ink changes
15:05-15:15	FE-3	PAO Hardware Setup
15:15-15:25	FE-3, FE-6	Crew Prep For PAO
15:20-16:50	<b>FE-4</b>	RUSALKA Setup, photo/video, and cleanup
15:25-15:45	FE-3, FE-6	PAO Event
15:45-16:45	FE-6	MELFI Interior Cleaning
15:45-15:55	FE-3	PAO Hardware Deactivation
15:55-16:35	<b>CDR</b>	Cleaning ВД1 and ВД2 Air Ducts in DC-1

15:55-16:55	FE-5	Physical Exercise (T2)
16:00-16:15	FE-3	Private Medical Conference
16:15-16:45	FE-3	VO2max PPFS Stowage
16:20-17:50	<b>FE-1</b>	Physical Exercise (ARED)
16:35-16:50	<b>CDR</b>	Verify ИП-1 sensor positions
16:45-16:55	FE-3	Hair Sample Preparation
16:45-17:00	FE-6	Private Medical Conference
16:55-17:05	FE-3, FE-5	Hair Sample Collection
17:00-17:50	<b>FE-4</b>	Evening Work Prep
17:05-17:15	FE-5	TOCA 2 Data Recording
17:05-17:15	FE-3	HAIR - MELFI Sample Insertion
17:05-18:20	FE-6	Physical Exercise (CEVIS)
17:15-17:35	FE-5	WMK In-Flight Water Processing
17:15-17:25	FE-3	HAIR Sample Closeout
17:25-17:55	FE-3	Psychological Evaluation Program (WinSCAT)
17:35-18:35	<b>CDR</b>	Physical Exercise (T2) Day 1
17:35-17:50	FE-5	Private Medical Conference
17:50-18:30	<b>FE-1</b>	COЖ Maintenance
17:50-19:05	<b>FE-4</b>	Physical Exercise (ARED)
17:50-18:25	FE-5	Coolant Sampling From Moderate Temperature Loop
17:55-18:50	FE-3	VO2 Stowage
18:20-19:00	FE-6	MELFI Interior Cleaning
18:25-19:05	FE-5	Evening Work Prep
18:30-19:05	<b>FE-1</b>	Evening Work Prep
18:50-19:05	FE-3	Evening Work Prep
19:00-19:05	FE-6	Evening Work Prep
19:05-19:30		Daily Planning Conference ( <i>S-band</i> )
19:30-21:30	<b>CDR, FE-4, FE-6</b>	Pre-sleep
19:30-19:35	FE-3	MPC Power Up
19:30-21:25	FE-5	Pre-sleep
19:30-20:50	<b>FE-1</b>	Pre-sleep
18:35-18:50	<b>CDR</b>	TVIS Crew Hygiene
18:50-19:05	<b>CDR</b>	Evening Work Prep
19:35-21:25	FE-3	Pre-sleep
20:50-21:05	<b>FE-1</b>	БМП Ф1 Absorption Cartridge Regeneration (termination)
21:05-21:30	<b>FE-1</b>	Pre-sleep
21:25-21:30	FE-5	ISSAC Window Shutter Close
21:25-21:30	FE-3	MPC Power Down
21:30-06:00	.	SLEEP
<b>Task List</b>	<b>CDR, FE-1, FE-4</b>	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