

Radiogram No. 7103nu      **Updated**      Form 24 for 08/26/2011

GMT	CREW	ACTIVITY
06:00-06:10	<b>CDR</b>	Morning Inspection. <b>SM PCC [Caution &amp; Warning Panel] Test</b>
06:00-06:10	<b>FE-1, FE-3, FE-4, FE-5, FE-6</b>	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45		Daily Planning Conference ( <i>S-band</i> )
07:45-08:00	FE-5	Work Prep
07:45-08:05	<b>CDR, FE-1, FE-4</b>	Work Prep
07:45-08:00	FE-6	Work Prep
07:45-07:55	FE-3	Work Prep
07:55-09:15	FE-3	Crew Departure Prep
08:05-09:35	<b>FE-1</b>	Prep of video files "Orbital Station. Life on Orbit" for return. <b>Transfer video files to existing folder on VDD #80 for return, report to MCC folder name and its size</b>
08:05-08:20	<b>CDR</b>	URAGAN Charging FSS PL batteries
08:20-08:35	<b>CDR</b>	PLANTS-2 Watering
08:25-08:35	<b>FE-4</b>	PLANTS. Photography
08:35-09:40	<b>FE-4</b>	Life on the Station Photo and Video
08:35-09:50	<b>CDR</b>	Physical Exercise (TVIS), Day 1
09:10-09:15	FE-5	Node 2 Forward Hatch Open
09:15-10:45	FE-3	Physical Exercise (ARED)
09:15-10:45	FE-5	PMA2 Packing
09:40-10:55	<b>FE-4</b>	Physical Exercise (TVIS), Day 2
09:50-10:50	<b>CDR</b>	Disassembly of TBU thermostatic containers and Cryogem-03
09:55-10:05	FE-6	Power Up
10:10-10:25	FE-6	EHS Sampling Start
10:25-10:35	FE-6	VO2max Installation
10:35-11:05	FE-6	VO2 Stowage
10:45-12:45	FE-3	PMA2 Packing
10:45-12:15	<b>FE-1</b>	Physical Exercise (ARED)
10:45-10:55	FE-5	LAB CDRA Low Temperature Loop (LTL) Disconnect
10:55-11:55	FE-5	PMA2 Packing
10:55-12:55	<b>CDR, FE-4</b>	FGB Stowage Audit
11:05-11:30	FE-6	VO2max Experiment Protocol
11:30-12:10	FE-6	VO2max Portable PFS Software Calibrations and Instrument Check
11:55-12:45	FE-5	EHS MCD Water Processing
12:10-12:50	FE-6	VO2max Experiment Protocol
12:45-12:55	FE-5	Stow Earlier Installed Formaldehyde Monitoring Kit (FMK)
12:45-13:05	FE-3	Node 2 Forward - Hatch Closure
12:50-13:00	FE-6	VO2 Closeout Ops

12:55-13:05	FE-5	Food Frequency Questionnaire
12:55-13:55	<b>CDR, FE-1, FE-4</b>	LUNCH
13:00-13:05	FE-6	VO2 Data Downlink
13:05-14:05	FE-3, FE-5, FE-6	LUNCH
13:55-15:30	<b>FE-4</b>	Life on the Station Photo and Video
13:55-15:00	<b>FE-1</b>	Crew Departure Prep
13:55-14:55	<b>CDR</b>	URAGAN Observation with use of FSS
14:05-14:25	FE-5	Super Sensitive HDTV MPC Downlink Start
14:05-14:40	FE-6	VO2 Stowage
14:05-16:45	FE-3	BCM Parameter Update
14:25-14:40	FE-5	Removal of test equipment used for Ku-band TV downlink (post-Progress docking)
14:40-15:00	FE-6	VO2max PPFS Stowage
15:00-15:05	FE-6	VO2max Crew Portable Pulmonary Function System Conclude
15:00-16:20	<b>FE-1</b>	RUSALKA Experiment
15:15-16:45	FE-5, FE-6	WHC-Tank and Hose R&R
15:25-16:40	<b>CDR</b>	Physical Exercise (TVIS), Day 1
15:30-16:45	<b>FE-4</b>	Physical Exercise (ARED)
16:20-17:20	<b>FE-1</b>	Physical Exercise (TVIS), Day 2
16:40-17:40	<b>CDR</b>	Crew Departure Prep
16:45-18:15	FE-5	Physical Exercise (ARED)
16:45-17:45	FE-3	Physical Exercise T2
16:45-16:55	FE-6	EHS Sampling Termination
17:05-17:20	FE-6	Private Psychological Conference
17:20-18:00	<b>FE-1</b>	COX Maintenance
17:40-18:00	<b>FE-4</b>	IMS Update
17:45-17:50	FE-3	ISSAC Window Shutter Open
17:55-18:50	FE-6	ICV Data Download
18:00-18:50	<b>CDR, FE-1, FE-4</b>	Evening Work Prep
18:15-19:15	FE-5	Physical Exercise T 2
18:30-18:45	FE-3	Private Psychological Conference
18:50-19:00	FE-6	Food Frequency Questionnaire
18:50-19:45	<b>CDR, FE-1, FE-4</b>	Pre-sleep
19:00-19:25	FE-3,FE-6	Evening Work Prep
19:15-19:20	FE-5	Super Sensitive HDTV MPC Downlink Terminate
19:20-19:40	FE-5	Pre-sleep
19:25-19:45	FE-3, FE-6	Pre-sleep
19:40-19:45	FE-5	MPC Power Up
19:45-20:05		Daily Planning Conference ( <i>S-band</i> )
20:05-20:25		Pre-sleep
20:25-20:45		Flight Director/ISS Crew Tagup

20:45-21:25	FE-5, FE-6	Pre-sleep
20:45-21:30	<b>CDR, FE-1, FE-4, FE-3</b>	Pre-sleep
21:25-21:30	FE-5	MPC Power Down
21:25-21:30	FE-6	ISSAC Window Shutter Close
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