

Radiogram No. 7182u

Form 24 for 09/04/2011

LBNP EXERCISES. CREW OFF DUTY.

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-4, FE-3,FE-5,FE-6	Morning Inspection
06:00-06:10	FE-1	Morning Inspection. SM ПСС [Caution & Warning Panel] Test
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:50-08:05	FE-5	Private Family Conference
08:00-08:10	CDR	ACH-M Test Monitoring
09:15-09:20	FE-6	Erasmus Recording Binocular (ERB) Power On
10:15-11:10	FE-1, CDR- assists	LBNP Exercise (PRELIMINARY). Tagup with specialists (VHF, S-band)
10:30-11:30	FE-3	Physical Exercise (CEVIS)
10:35-10:50	FE-4	PLANTS-2 Watering
10:50-11:05	FE-4	Private Family Conference (<i>Ku+S-band, S/G2, S/G1-- backup</i>)
11:30-12:45	FE-6	Physical Exercise (CEVIS)
11:30-13:00	FE-4	Physical Exercise (TVIS), Day 3
11:30-13:00	FE-3	Physical Exercise (ARED)
11:45-12:40	CDR, FE-1- assists	LBNP Exercise (PRELIMINARY). Tagup with specialists (VHF, S-band)
12:40-12:55	CDR	Private Family Conference (<i>Ku+S-band, S/G2, S/G1-- backup</i>)
13:00-14:00	.	LUNCH
14:00-14:10	CDR	ACH-M Test Monitoring
14:00-14:10	FE-6	Food Frequency Questionnaire
14:00-14:40	FE-4	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
14:10-14:25	FE-1	Private Family Conference (<i>Ku+S-band, S/G2, S/G1-- backup</i>)
14:10-14:15	FE-6	Erasmus Recording Binocular (ERB) Power On
15:30-16:45	FE-1	Physical Exercise (TVIS), Day 1
15:40-17:10	FE-5	Physical Exercise (ARED)
16:25-16:30	FE-3	ISSAC Lab Window Shutter Open
16:45-17:45	CDR	Physical Exercise (T2) Day 2
17:10-18:25	FE-6	Physical Exercise (ARED)
17:10-18:10	FE-5	Physical Exercise (CEVIS)
17:45-18:45	FE-4	Physical Exercise (VELO), Day 3
18:00-18:30	CDR	Terminate ACH-M Test, Downlink Data
18:45-19:10	.	Evening Work Prep
19:10-19:35	.	Daily Planning Conference (<i>S-band</i>)
19:35-21:25	FE-3	Pre-sleep
19:35-21:30	CDR,FE-1,FE-4, FE-5,FE-6	Pre-sleep
21:25-21:30	FE-3	ISSAC Window Shutter Close
21:30-06:00	.	SLEEP

Task List	CDR,FE-1,FE-4	Preparation of reports for Roskosmos site
	FE-4	PLANTS-2. Water Tank Refill
	FE-1	URAGAN. Observations and Photography
	FE-4	SEINER Ocean Observations
	FE-4	ECON. Observations and Photography

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