

Radiogram No. 7229u Form 24 for 09/10/2011

LBNP EXERCISE. CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1, FE-4	Morning Inspection
06:00-06:05	FE-6	Integrated Immune Liquid Saliva Sample Collection
06:00-06:05	FE-3	Integrated Immune Liquid Saliva Sample Collection
06:00-06:05	FE-5	Integrated Immune Liquid Saliva Sample Collection
06:05-06:10	FE-3	Reaction Self-test
06:05-06:10	FE-5	Reaction Self-test
06:05-06:10	FE-6	Reaction Self-test
06:10-06:40		Post-sleep
06:40-07:30	CDR, FE-1, FE-4	BREAKFAST
07:30-07:35	FE-5	AORG Photography in Columbus prior to Housekeeping
07:30-10:30	FE-3, FE-6	Weekly Housekeeping
07:35-10:35	FE-5	Weekly Housekeeping
09:00-09:15	FE-4	PLANTS-2. Watering
09:05-10:00	CDR, FE-1 (assists)	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (VHF)</i>
09:30-10:20	FE-4	RADIO LINK DATA TRANSMISSION (PCПИ). Data Prep for Downlink via PCПИ. <i>Tagup with specialists (S-band)</i>
10:30-10:35	FE-3	Compound Specific Analyzer- Combustion Products (CSA-CP) O2 Readings
10:35-10:40	FE-5	AORG Photography in Columbus after cleaning
10:40-10:45	FE-5	Window Shutter Open
10:40-11:35	FE-1, CDR (assists)	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (VHF)</i>
10:45-10:55	FE-6	CIR Alignment Guide Installation
11:40-12:10		Weekly Planning Conference (<i>S-band</i>)
12:10-13:10	FE-4	Physical Exercise (VELO), Day 1
12:10-13:40	FE-5	Physical Exercise (ARED)
12:10-13:10	FE-6	Physical Exercise (T2)
12:30-12:45	CDR, FE-3	SM ПСС [Caution & Warning Panel] Test. <i>Tagup with specialists (S-band)</i>
13:40-14:40		LUNCH
14:40-14:50	FE-5 ,FE-6	Food Frequency Questionnaire
14:40-15:20	FE-4	COЖ Maintenance
14:40-14:45	FE-1	On MCC Go ISS O2 repress from Progress 410 CpПК (start)
14:50-15:00	FE-6	Glacier 2. Desiccant Pack Insert
14:55-15:10	FE-3	Private Medical Conference
15:00-16:30	CDR	Physical Exercise (ARED)
15:30-16:30	FE-3	Physical Exercise (T2)
15:40-15:45	FE-1	ISS O2 repress from Progress 410 CpПК (terminate)
16:00-17:30	FE-4	Physical Exercise (TVIS), Day 1
16:30-18:00	FE-3	Physical Exercise (ARED)

16:30-17:30	FE-5	Physical Exercise (T2)
17:30-18:30	FE-1	Physical Exercise (T2) day 1
18:00-18:15	FE-6	Private Family Conference
18:15-19:30	FE-6	Physical Exercise (ARED)
19:30-21:30	CDR, FE-1, FE-4	Pre-sleep
19:30-21:25	FE-3, FE-5, FE-6	Pre-sleep
21:25-21:30	FE-3	Reaction Self-test
21:25-21:30	FE-5	Reaction Self-test
21:25-21:30	FE-6	Reaction Self-test
21:30-06:00		SLEEP
	CDR, FE-1, FE-4	Preparation of reports for Roskosmos site
		URAGAN. Observations and Photography
		SEINER Ocean Observations
		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