

Radiogram No. 7396u

Form 24 for 10/03/2011

STOWING DISPOSAL HARDWARE. MBI-20 TYPOLOGY.

GMT	CREW	ACTIVITY
06:00-06:10	FE-4	Morning Inspection. SM ПСС [Caution & Warning Panel] Test Inspection of CM-Y connector on MHP-HC separator pump behind ACY panel 139
06:00-06:05	CDR,FE-5	BISP Pill Ingestion
06:05-06:10	CDR,FE-5	Reaction Self Test
06:10-06:40	FE-4,FE-5	Post-sleep
06:10-06:30	CDR	Urine Collection
06:30-06:40	CDR	MELFI Urine Sample Insertion
06:40-07:30	FE-4,FE-5	BREAKFAST
06:40-07:10	CDR	Post-sleep
07:10-07:30	CDR	BREAKFAST
07:30-07:45	.	Daily Planning Conference (<i>S-band</i>)
07:45-08:05	FE-4	Work Prep
07:45-08:15	FE-5	Work Prep
07:50-08:30	CDR	BREAKFAST
08:05-08:20	FE-4	PLANTS-2. Watering
08:15-08:30	FE-5	Router Remove and Replace (R&R) Preparation
08:20-08:35	FE-4	On MCC GO БМП Ф1 Absorption Cartridge Regeneration (start)
08:30-10:30	FE-5	Node 2 Integrated Station LAN (ISL) Router R&R
08:30-08:45	CDR	Work Prep
08:35-08:55	FE-4	PLANTS-2. Experiment Photos
08:45-08:55	CDR	BCAT5 Battery Changeout
08:55-09:05	CDR	BCAT-5 Test 5
08:55-11:15	FE-4	TPOLOGY Experiment. <i>Tagup with specialists (S-band)</i>
09:35-09:55	CDR	Urine Collection
09:55-10:00	CDR	MELFI Urine Sample Insertion
10:10-10:15	CDR	Set up video equipment to record ARED exercise
10:15-11:30	CDR	Physical Exercise (ARED)
10:30-10:55	FE-5	SSC Relocation
10:55-11:10	FE-5	Connecting two wireless SSC Clients to Node 2 ISL Router
11:15-11:55	FE-4	24-hour ECG Holter Monitoring (init)
11:30-12:45	CDR	Physical Exercise T 2
11:55-12:00	FE-4	Photo/TV Camcorder Setup Verification
12:00-13:00	FE-5	Physical Exercise (CEVIS)
12:00-13:10	FE-4	Physical Exercise (ARED)
13:00-14:00	CDR,FE-5	LUNCH
13:10-14:10	FE-4	LUNCH
14:00-14:15	FE-5	Profile of Mood States (POMS) Questionnaire
14:00-14:20	CDR	Urine Collection

14:10-15:10	FE-4	Stowing disposal hardware on Progress 410 with IMS updates
14:15-14:40	FE-5	JEM PL. MS-IPU Exchange
14:20-14:25	CDR	MELFI Urine Sample Insertion
14:25-14:45	CDR	Human Research Facility (HRF-2) Stowage Removal from in Front of the HRF 2 Rack Location
14:40-14:45	FE-5	HAM Radio Session Setup
14:45-15:00	FE-5	HAM Radio Session
15:10-15:40	FE-4	Photos of space behind panel 228 to develop [EKTC] (Integrated Commanding Telemetry System) Feeder Unit Installation Procedure
15:15-15:40	CDR	USND2 Hardware Setup
15:40-15:45	CDR	USND2 Power On
15:45-15:55	CDR	Ultrasound 2 USB Renaming
15:45-17:00	FE-4	Physical Exercise (TVIS), Day 4
15:55-16:00	CDR	Ultrasound 2 Test
16:15-16:30	FE-5	Disconnecting two wireless SSC from Integrated Station LAN (ISL) Router in Node 2
16:15-16:25	CDR	Sprint Leg Preparation
16:25-16:50	CDR	Sprint Ultrasound 2 Pre-Scan
16:30-16:55	FE-5	Returning SSC Laptop to its Nominal Location
16:50-17:35	CDR	Ultrasound 2 Scanning
16:55-17:20	FE-5	Pregather items for ITCS sampling
17:00-17:40	FE-4	Auxiliary Laptop Anti-Virus Update
17:20-17:30	FE-5	Evening Work Prep
17:30-17:35	FE-5	Photo/TV Camcorder Setup Verification
17:35-19:00	FE-5	Physical Exercise (ARED)
17:35-17:45	CDR	Sprint Ultrasound 2 Post-Scan
17:40-18:10	FE-4	COЖ Maintenance
18:00-18:10	CDR	Ultrasound 2 Data Transfer
18:10-18:30	CDR	Urine Collection
18:15-19:05	FE-4	Evening Work Prep
18:30-18:35	CDR	MELFI Urine Sample Insertion
18:35-18:45	CDR	HRF Blood Collection Hardware Setup
18:55-19:00	CDR	Ultrasound 2 Hardware Power Off
19:00-19:05	CDR	BCAT Camera Battery Changeout
19:00-19:05	FE-5	Stow Video Equipment Used for ARED Exercise Video
19:05-19:20	.	Daily Planning Conference (<i>S-band</i>)
19:20-19:30	.	Evening Work Prep
19:30-21:15	FE-4	Pre-sleep
19:30-21:25	FE-5	Pre-sleep
19:30-19:35	CDR	Start Video
19:35-21:20	CDR	Pre-sleep
21:15-21:30	FE-4	БМП Ф1 Absorption Cartridge Regeneration (termination)
21:20-21:25	CDR	Reaction Self Test
21:25-21:30	FE-5	Reaction Self Test
21:25-21:30	CDR	Terminate Video

21:30-06:00	.	SLEEP
Task List	FE-4	Preparation of reports for Roskosmos site
		IMS Update
		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