

Radiogram No. 7481u

Form 24 for 10/17/2011

Relaxation Experiment

GMT	CREW	ACTIVITY
06:00-06:05	CDR,FE-5	Bisphosphonate Pill Ingestion
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
06:05-06:10	CDR,FE-5	Morning Inspection
06:10-06:40	FE-4,FE-5	Post-sleep
06:15-06:45	CDR	Post-sleep
06:40-07:30	FE-4,FE-5	BREAKFAST
06:45-07:30	CDR	BREAKFAST
07:30-07:45	.	Work Prep
07:45-08:00	.	Daily Planning Conference (<i>S-band</i>)
08:00-08:15	FE-4	Work Prep
08:00-08:10	FE-5	Work Prep
08:00-08:10	CDR	CCF Video Camera Setup
08:10-08:15	CDR	Glove Box (MSG) Powerdown
08:15-08:20	FE-5	Video Camera Assembly (VCA2) Adjustment
08:15-09:45	CDR	Stow Capillary Channel Flow (CCF) Hardware
08:20-08:35	FE-5	EDR Laptop Connection
08:25-08:30	FE-4	ECLIPSE-BEACON [ТЕХЬ-МАЯК] Experiment Run Termination
08:30-08:40	FE-4	ГФИ-1 [Geophysical Studies]. Relaxation Experiment Battery Charging
08:35-08:55	FE-5	ERB2 Connection To EDR
08:40-08:50	FE-4	MOLNIYA-GAMMA Saving payload and service data to a flash card (start). <i>Tagup with specialists (S-band)</i>
08:50-09:50	FE-4	Loading disposal hardware to Progress 410 and IMS updates
08:55-09:20	FE-5	Marangoni VRU HDD Exchange
09:20-09:30	FE-5	EHS Air Quality Monitoring (AQM) Start
09:30-09:40	FE-5	WRS Water Sample Analysis
09:40-09:55	FE-5	POMS Questionnaire
09:50-10:30	FE-4	Auxiliary Laptop Anti-Virus Update
09:50-10:00	CDR	PCS Laptop Power Down
10:00-10:10	CDR	UOP Activation
10:10-11:25	CDR	Physical Exercise T 2
10:25-11:55	FE-5	Physical Exercise (ARED)
10:30-10:45	FE-4	КОБ2 4ГБ4 Half-Coupling Shell Coolant Leak Check
10:45-12:00	FE-4	Physical Exercise (TVIS), Day 2
11:25-11:35	CDR	RPCM Equipment Pregather
11:35-13:05	CDR	RPCM Remove and Replace
12:00-13:00	FE-4	TVIS Quarterly Maintenance
12:00-13:00	FE-5	Physical Exercise T 2
13:00-13:10	FE-5	TOCA 2 Data Recording
13:10-14:10	.	LUNCH
14:10-14:55	FE-5	ICV Monitoring Start
14:20-14:30	FE-4	MOLNIYA-GAMMA Saving payload and service data to a flash card (terminate).

		<i>Tagup with specialists (S-band)</i>
14:25-14:35	CDR	ICV Start Operator Assistance
14:30-15:20	FE-4	MOLNIYA-GAMMA Setup and Downlink. <i>Tagup with specialists (S-band)</i>
14:55-15:05	FE-5	ICV 10-Minute Resting Event Alternate
15:00-15:10	CDR	UOP Activation
15:05-15:10	FE-5	EHS - Air Quality Monitor (AQM) End
15:15-15:45	FE-5	SODI Procedure Review
15:20-16:35	FE-4	Physical Exercise (ARED)
15:30-15:45	CDR	CIR - Maintenance Work Area Prep
15:45-16:15	CDR	CIR - Maintenance Work Area Containment System Setup
15:45-15:55	FE-5	SODI - G1 Camcorder Setup
15:55-16:05	FE-5	Glove Box (MSG) Activation
16:05-18:05	FE-5	Colloid- Hardware Setup
16:15-16:40	CDR	Combustion Integrated Rack (CIR) Lens Inspection
16:35-17:05	FE-4	RELAXATION Setting Up Hardware
16:40-16:55	CDR	Stow CIR MWA Containment System
16:55-17:10	CDR	ARED Flywheel Cylinder Evacuation
17:05-17:25	FE-4	RELAXATION. Ionosphere Radiation Survey
17:10-18:25	CDR	Physical Exercise (ARED)
17:25-18:05	FE-4	COX Maintenance
18:05-18:15	FE-5	Vascular Blood Collection Hardware Setup
18:05-18:25	FE-4	Evening Work Prep
18:15-18:45	FE-5	Start BSA Battery Charge
18:25-18:40	FE-4	RELAXATION Repeat Options Setup
18:25-18:35	CDR	Power Up
18:35-19:00	CDR	Evening Work Prep
18:40-19:05	FE-4	RELAXATION. Ionosphere Radiation Survey
18:45-19:00	FE-5	Evening Work Prep
19:05-19:20	.	Daily Planning Conference (<i>S-band</i>)
19:20-19:30	FE-5	Evening Work Prep
19:20-19:25	CDR	Evening Work Prep
19:20-19:30	FE-4	RELAXATION Closeout Ops. <i>Tagup with specialists (S-band)</i>
19:25-19:30	CDR	MPC Power Up
19:30-19:40	CDR	Pre-sleep
19:30-21:30	FE-4,FE-5	Pre-sleep
19:40-20:00	CDR	Crew Discretionary Event
20:00-21:25	CDR	Pre-sleep
21:25-21:30	CDR	MPC Power Down
21:30-06:00	.	SLEEP
Task List	FE-4	Preparation of reports for Roskosmos site
		IMS Update
		ECON. Observations and Photography
		PLANTS-2. Experiment Photos
		PLANTS-2. Watering

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