

Radiogram No. 7802nu

Form 24 for 11/28/2011 (Updated)

CREW HEALTH MONITORING. PROGRESS UNLOADING AND SOYUZ CARGO TRANSFERS.

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection
06:00-06:10	FE-1	Morning Inspection. SM ПСС [Caution & Warning Panel] Test
06:00-06:10	FE-2	Morning Inspection. Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139.
06:10-06:20	CDR,FE-2	Post-sleep
06:10-06:20	FE-1	MO-8. Setup
06:20-06:25	CDR	Body Mass Measurement
06:20-06:30	FE-1,FE-2	Calf Volume Measurement. Use Calf Volume Measurement Device [ИЗОГ] from Kit #101 (00056866R) CM1PO_2_МЕДШКАФ_К3
06:25-06:45	CDR	Post-sleep
06:30-06:35	FE-1	Body Mass Measurement
06:30-06:35	FE-2	Post-sleep
06:35-06:40	FE-2	Body Mass Measurement
06:35-06:40	FE-1	Post-sleep
06:40-06:50	FE-1	MO-8. Cleanup
06:40-06:55	FE-2	Post-sleep
06:45-07:35	CDR	BREAKFAST
06:50-07:15	FE-1	Post-sleep
06:55-07:50	FE-2	BREAKFAST
07:15-08:05	FE-1	BREAKFAST
07:35-07:55	CDR	Work Prep
07:50-08:05	FE-2	Work Prep
07:55-08:05	CDR	Set up video equipment to record ARED exercise
08:05-08:20	.	Daily Planning Conference (S-band)
08:20-08:30	FE-1,FE-2	Work Prep
08:25-08:35	CDR	CIR Alignment Guide Removal
08:30-09:20	FE-2	FGB Dust Collectors ПС1, ПС2 Filter Changeout (ФГБ1ПГО_2_226_1 bag 404-18, (00050395R), or bag 407-23, (00050997R)). Discard the removed items. Update IMS
08:30-09:20	FE-1	24-hour ECG (start)
08:35-09:05	CDR	Environmental Health System (EHS) - CSA-CP Calibration
09:05-09:20	CDR	PHS Evaluation Setup
09:20-09:50	CDR, FE-1 <i>assists</i>	Periodic Health Status
09:20-09:25	FE-2	Photo/TV Camcorder Setup Verification
09:25-10:50	FE-2	Physical Exercise (ARED)
09:50-10:15	CDR	Periodic Health Status (PHS) Data Entry and Hardware Stowage
09:55-10:55	FE-1	Physical Exercise (TVIS), Day 2
10:15-10:55	CDR	WHC Air Filter R&R
10:50-11:30	FE-2	TVIS Monthly Maintenance
10:55-11:25	CDR	Treadmill Kinematics Exercise Preparation
10:55-12:55	FE-1	Progress 413 Unloading and IMS Updates
11:25-12:25	CDR	Physical Exercise T 2
11:30-11:40	FE-2	Maintenance Closures of Vozdukh Valves

11:40-12:55	FE-2	Transfers from Soyuz 232 and IMS updates
12:25-12:35	CDR	Treadmill exercise video recording termination and hardware stow
12:35-12:40	CDR	MPC Power Up
12:40-12:45	CDR	Inspection of Portable Breathing Apparatus (PBA)
12:45-12:55	CDR	Protecting capless Node 3 PBA O2 port with Teflon bag
12:55-13:55	.	LUNCH
13:55-14:00	CDR	MPC Powerdown
13:55-14:55	FE-1	SM ПФ1-4 Dust Collector Filter Cartridge Changeout (ФГБ1ПГО_2_219_1, bag 410-22 (00054251R)). Discard the removed items. Update IMS.
13:55-14:40	FE-2	Transfers from Soyuz 232 and IMS updates
14:00-14:10	CDR	MELFI 3 Icebrick Retrieve
14:10-14:30	CDR	Retrieving 5 Ice Bricks from stowage and 11 from previous activity and inserting them into Dewar 4
14:40-15:00	CDR	MELFI 3 green -32C Ice Brick Insert into Dewar 4
14:40-15:20	FE-2	SM POTOK 150MK Air Purification System [YOB] R&R
15:00-16:00	FE-1	Crew time for ISS adaptation and orientation
15:10-15:15	CDR	Photo/TV Camcorder Setup Verification
15:15-16:40	CDR	Physical Exercise (ARED)
15:20-16:00	FE-2	COЖ Maintenance
16:00-16:20	FE-2	IMS Update
16:00-16:40	FE-1	IDENTIFICATION. Copy ИМУ-Ц micro-accelerometer data to laptop
16:20-17:15	FE-2	Crew time for ISS adaptation and orientation
16:40-17:10	CDR	CIR Manifold Bottle Locate
16:40-16:45	FE-1	Hematocrit Hardware Setup.
16:45-16:50	FE-1	Photo/TV Camcorder Setup Verification
16:50-18:15	FE-1	Physical Exercise (ARED)
17:10-17:25	CDR	Private Psychological Conference
17:15-18:15	FE-2	Physical Exercise (TVIS), Day 2
17:25-18:25	CDR	Crew time for ISS adaptation and orientation
18:15-18:45	FE-1,FE-2	Evening Work Prep
18:25-18:30	CDR	Stow Video Equipment Used for ARED Exercise Video
18:30-18:45	CDR	CUCU (COTS UHF Communications Unit) Hardware Gather
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Evening Work Prep
19:30-19:35	CDR	P/TV Playback Start
19:30-21:30	FE-1,FE-2	Pre-sleep
19:35-21:25	CDR	Pre-sleep
21:25-21:30	CDR	P/TV Playback End
21:30-06:00	.	SLEEP
Task List	FE-1,FE-2	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