

Radiogram No. 8077u

Form 24 for 01/01/2012

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1, FE-2,FE-5	Morning Inspection
06:00-06:05	FE-6	Urine Spot Test
06:00-06:05	FE-4	PLAZMENNYI KRISTALL. Pressure Check
06:05-06:10	FE-4	Morning Inspection
06:05-06:10	FE-6	ICV-MAKITA Battery Replacement
06:10-06:40	CDR,FE-1,FE- 2, FE-4,FE-6	Post-sleep
06:10-06:30	FE-5	Post-sleep
06:30-06:50	FE-5	HRF Urine Sample Collection Subject
06:40-07:30	CDR,FE-2, FE-4,FE-6	BREAKFAST
06:40-07:30	FE-1	BREAKFAST. <i>SM ПСС [Caution & Warning Panel] Test (after breakfast)</i>
06:50-06:55	FE-5	Urine Spot Test
06:55-07:05	FE-5	HRF Urine Sample Insertion Into MELFI
07:05-08:05	FE-5	BREAKFAST
09:00-10:30	FE-5	Physical Exercise (ARED)
09:30-11:00	FE-4	Physical Exercise (TVIS), Day 4
09:30-10:30	CDR	Physical Exercise (CEVIS)
10:30-10:35	FE-6	ICV-MAKITA Battery Replacement
10:30-12:00	CDR	Physical Exercise (ARED)
10:35-10:55	FE-5	HRF Urine Sample Collection Subject
10:35-11:35	FE-6	Physical Exercise (CEVIS)
10:55-11:00	FE-5	MELFI Urine Sample Insertion
11:50-12:05	FE-5	Private Family Conference
12:00-13:00	FE-1	Physical Exercise (TVIS), Day 4
12:00-13:00	FE-2	Physical Exercise (ARED)
12:35-12:55	FE-5	HRF Urine Sample Collection Subject
12:55-13:00	FE-5	MELFI Urine Sample Insertion
13:00-14:00	.	LUNCH
14:00-14:05	FE-5	PROK Diet Logging (Day 2-4)
14:00-14:05	FE-6	PROK Diet Log (Day 2)
14:00-14:40	FE-2	COЖ Maintenance. <i>SM and FGB Flush Counter (CП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns</i>
14:05-14:10	FE-6	ICV-MAKITA Battery Replacement
14:35-14:55	FE-5	HRF Urine Sample Collection Subject
14:55-15:00	FE-5	MELFI Urine Sample Insertion
15:30-17:00	FE-2	Physical Exercise (TVIS), Day 4
15:30-17:00	FE-1	Physical Exercise (ARED)
16:35-16:50	FE-6	Journal Entry

16:50-17:10	FE-6	Integrated Cardiovascular (ICV) Ambulatory Monitoring Midpoint
17:10-18:40	FE-6	Physical Exercise (ARED)
17:40-18:40	FE-4	Physical Exercise (VELO), Day 4
17:45-18:45	FE-5	Physical Exercise (CEVIS)
18:45-18:55	FE-5	HRF Blood Collection Hardware Setup
19:30-21:25	FE-4	Pre-sleep
19:30-20:10	CDR	Pre-sleep
19:30-21:30	FE-1,FE-2, FE-5,FE-6	Pre-sleep
20:10-20:25	CDR	Private Family Conference
20:25-21:30	CDR	Pre-sleep
21:25-21:30	FE-4	PLAZMENNYI KRISTALL. Pressure Check
21:30-06:00	.	SLEEP
Task List	FE-1,FE-2, 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 with **Report to MCC**
 2. See OSTP for references to US activities.
 3. Pre-sleep ops: dinner, daily food prep, evening toilet
- End of Radiogram