

Radiogram No. 8145nu (Updated)

Form 24 for 01/12/2012

**TESTING ACH-M HARDWARE (START). Crew Health Status (MO-5)**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-4	Morning Inspection
06:00-06:10	FE-1	Morning Inspection. <b>SM ПСС [Caution &amp; Warning Panel] Test</b>
06:00-06:05	FE-6	Reaction Self Test
06:00-06:05	FE-5	Reaction Self Test
06:00-07:00	FE-2	SPRUT-2 Experiment Run
06:05-06:10	FE-5, FE-6	Morning Inspection
06:10-06:35	CDR, FE-4, FE-5, FE-6	Post-sleep
06:10-06:30	FE-1	Post-sleep
06:30-06:50	FE-1	SPRUT-2. Photography of the Experiment
06:35-07:20	CDR, FE-4, FE-5, FE-6	BREAKFAST
06:50-07:00	FE-1	Post-sleep
07:00-07:20	FE-1	BREAKFAST
07:00-07:20	FE-2	Post-sleep
07:20-07:40		Daily Planning Conference ( <i>S-band</i> )
07:40-07:55	FE-4	Work Prep
07:40-08:05	FE-1, FE-2	BREAKFAST
07:40-08:40	CDR, FE-5, FE-6	Handover of Increment 30 Crew
07:55-09:25	FE-4	Physical Exercise (ARED)
08:05-08:30	FE-1, FE-2	Work Prep
08:30-08:55	FE-1, FE-2	On-orbit Hearing Assessment using EARQ
08:40-08:50	CDR	ISSA Laptop Power Up
08:40-08:55	FE-5, FE-6	BREAKFAST
08:50-09:35	CDR	EMU Cooling Loop Scrub Initiate
08:55-09:15	FE-6	Work Prep
08:55-09:25	FE-5	Work Prep
08:55-10:25	FE-1, FE-2	Sanitary-Hygiene System Devices [CCFO]. Audit of Inserts and Dust Collectors
09:30-10:20	FE-6	VO2max Hardware Preparation Alternate First time Performance
09:35-11:05	CDR	Physical Exercise (ARED)
09:35-10:20	FE-5	CWC-I Swap
09:50-11:40	FE-4	RUSALKA. Setup, Sun-referenced Calibration and Closeout Ops
10:20-10:30	FE-5	Compound Specific Analyzer- Combustion Products (CSA-CP) CSA-O2 Readings
10:20-10:30	FE-6	VO2max Video Setup
10:25-11:15	FE-1, FE-2 (assists)	Study Of Cardiovascular System Under Graded Physical Load <b>To=10:44. Tagup with specialists (VHF)</b>
10:30-10:55	FE-6	VO2max Protocol Preparation
10:30-11:30	FE-5	Physical Exercise T 2
10:55-11:35	FE-6	VO2max - PFS SW Calibration and Hardware Checkout

11:05-11:50	CDR	EMU Cooling Loop Config
11:15-12:45	<b>FE-1</b>	Physical Exercise (TVIS), Day 3
11:20-12:20	<b>FE-2</b>	Physical Exercise (VELO), Day 3
11:30-13:00	FE-5	Physical Exercise (ARED)
11:35-12:15	FE-6	VO2max Experiment Protocol
11:40-12:55	<b>FE-4</b>	Video Footage for Nauka 2.0 [Science 2.0] TV Project
11:50-12:50	CDR	Physical Exercise T 2
12:15-13:10	FE-6	VO2max - PFS Closeout Ops
12:20-13:00	<b>FE-2</b>	COЖ Maintenance
12:50-13:20	CDR	LUNCH
12:55-13:00	<b>FE-4</b>	<b>On MCC Go</b> ISS O2 repress from Progress 413 CpПК (start)
13:00-14:00	<b>FE-1, FE-2, FE-4, FE-5</b>	LUNCH
13:10-14:10	FE-6	LUNCH
13:55-14:40	CDR	EMU Cooling Loop Scrub Terminate
13:20-13:30	CDR	Reconfiguration of Temperature Control Valve (TCV) to meet EMU H2O Temp requirements for loop scrub
13:30-13:55	CDR	LUNCH
14:00-15:30	<b>FE-1, FE-2</b>	Sanitary-Hygiene System Devices [CCГО]. Audit of Inserts and Dust Collectors
14:00-14:05	<b>FE-4</b>	ISS O2 repress from Progress 413 CpПК (terminate)
14:05-15:35	<b>FE-4</b>	AOK ГАНК-4М. Configuration Setup and Measuring Session. <i>Tagup with specialists (S-band)</i>
14:10-14:15	FE-6	VO2. Alternate Conclusion of Portable Pulmonary Function System Operations
14:30-14:40	FE-5	PAO Hardware Setup
14:40-14:50	CDR, FE-5, FE-6	Crew Prep For PAO
14:50-15:10	CDR, FE-5, FE-6	PAO Event
15:10-16:10	CDR, FE-5, FE-6	Handover of Increment 30 Crew
15:30-16:00	<b>FE-1</b>	Crew Medical Officer (CMO) Proficiency Training
15:35-16:15	<b>FE-4</b>	Microbial Air Sampling (sample collection)
15:35-15:50	<b>FE-2</b>	Soyuz 232 IRIDIUM Phone Charging, Setup and Battery Charge Start
16:00-16:30	<b>FE-1</b>	Cleaning LIV TVS Voltage Converter Ventilation Grille
16:00-16:05	<b>FE-2</b>	Soyuz 232 IRIDIUM Phone Charging - Battery Status Check
16:05-16:15	<b>FE-2</b>	Soyuz 232 IRIDIUM Phone Charging - Terminate Charge
16:10-16:25	CDR	Private Conference
16:10-17:25	FE-5	Waste and Hygiene Compartment (WHS) Urine Receptacle and Insert Filter Changeout
16:15-17:45	<b>FE-2</b>	Physical Exercise (TVIS), Day 3
16:15-16:30	<b>FE-4</b>	Soyuz 703 IRIDIUM Phone Charging, Setup and Battery Charge Start
16:25-16:30	CDR	MPC Power Up
16:25-17:55	FE-6	Physical Exercise (ARED)
16:30-16:35	CDR	Ultrasound 2 Power On

16:35-16:55	<b>FE-1</b>	IMS Update
16:35-16:45	CDR	Ultrasound 2 Data Export
16:40-16:45	<b>FE-4</b>	Soyuz 703 IRIDIUM Phone Recharge - status check
16:45-17:00	<b>FE-4</b>	Soyuz 703 IRIDIUM Phone Recharge, Terminate Charge, Cleanup
16:55-17:25	<b>FE-1</b>	SEINER. Ocean Observations
17:00-17:05	CDR	Panoptic - Video Setup
17:05-17:15	CDR	PanOptic Eye Exam Setup
17:10-17:40	<b>FE-4</b>	Vzaimodeistviye Experiment Ops
17:15-17:20	CDR	PanOptic Eye Exam Setup
17:20-17:25	CDR	MPC Power Down
17:25-18:25	<b>FE-1</b>	Physical Exercise (VELO), Day 3
17:25-17:35	FE-5	CWC Audit
17:25-17:45	CDR	Ultrasound Hardware Stow
17:35-17:55	FE-5	Evening Work Prep
17:40-18:40	<b>FE-4</b>	Physical Exercise (TVIS), Day 3
17:55-18:25	CDR	PanOptic Eye Examination
17:55-18:25	FE-5	PanOptic Eye Exam (Subject)
17:55-18:30	FE-6	Evening Work Prep
18:15-18:40	<b>FE-2</b>	Evening Work Prep
18:25-18:30	FE-5	PanOptic Eye Exam Setup
18:25-18:40	CDR, <b>FE-1</b>	Evening Work Prep
18:30-18:40	FE-5, FE-6	Pre-sleep
18:40-19:05		Daily Planning Conference ( <i>S-band</i> )
19:05-19:25	FE-5, FE-6	Pre-sleep
19:05-19:30	CDR, <b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b>	Evening Work Prep
19:25-19:55	FE-5	PanOptic Eye Examination
19:25-19:55	FE-6	PanOptic Eye Exam (Subject)
19:30-21:30	<b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b>	Pre-sleep
19:30-19:35	CDR	P/TV Playback Start
19:35-21:25	CDR	Pre-sleep
19:55-21:25	FE-5, FE-6	Pre-sleep
21:25-21:30	FE-6	Reaction Self Test
21:25-21:30	FE-5	Reaction Self Test
21:25-21:30	CDR	P/TV Playback End
21:30-06:00		SLEEP
<b>Task List</b>	<b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b>	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