

Radiogram No. 8232u

Form 24 for 01/21/2012

CREW OFF DUTY

GMT	CREW	ACTIVITY
11:00-11:10	CDR, FE-1 , FE-2 , FE-4 , FE-6	Morning Inspection
11:00-11:10	FE-5	Urine Spot Test
11:10-11:40	CDR, FE-2 , FE-4 , FE-6	Post-sleep
11:40-12:30	CDR, FE-1 , FE-4 , FE-5, FE-6	BREAKFAST
11:40-12:30	FE-2	BREAKFAST. <i>SM ПСС [Caution & Warning Panel] Test (after breakfast)</i>
12:30-13:00		Weekly Planning Conference (<i>S-band</i>)
13:00-14:30	CDR	Physical Exercise (ARED)
13:00-14:00	FE-6	Physical Exercise T2
13:30-14:30	FE-5	Physical Exercise (CEVIS)
13:30-15:00	FE-4	Physical Exercise (VELO), Day 4
14:10-14:25	FE-1	Private Family Conference (<i>S + Ku-band</i>)
14:30-16:00	FE-5	Physical Exercise (ARED)
14:30-16:00	FE-2	Physical Exercise (TVIS), Day 4
15:00-16:00	FE-1	Physical Exercise (VELO), Day 4
15:30-16:30	CDR, FE-6	LUNCH
16:00-17:00	FE-1 , FE-2 , FE-4 , FE-5	LUNCH
16:30-16:40	FE-6	Food Frequency Questionnaire
16:40-17:10	FE-6	Psychological Evaluation Program (WinSCAT)
17:00-17:40	FE-1	COX Maintenance
17:00-17:05	FE-5	PROK Diet Logging (Day 2-4)
17:05-17:15	FE-5	European Recording Binocular (ERB) Insert Hard Disk 4
17:20-17:30	FE-5	ERB2 Deactivation
17:30-17:40	FE-5	ERB2 Battery Installation
17:40-17:55	FE-5	ERB2 - Setting Adjustment
17:55-18:55	FE-5	ERB2 - Recording
18:00-19:00	FE-2	Physical Exercise (VELO), Day 4
18:00-19:30	FE-1	Physical Exercise (TVIS), Day 4
18:30-20:00	FE-6	Physical Exercise (ARED)
18:55-19:00	FE-5	ERB2 - Switch Off
19:00-19:20	FE-5	ERB2 Connection to EDR
19:00-20:00	CDR	Physical Exercise (CEVIS)
19:00-20:00	FE-4	Physical Exercise (TVIS), Day 4
19:30-19:50	FE-5	HRF Hardware Setup for Urine Collection
20:00-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1 , FE-2 , FE-	Preparation of reports for Roskosmos site

	4	URAGAN. Observations and Photography
		ECON. Observations and Photography
		SEINER Ocean Observations / <i>r/g</i>

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