

Radiogram No. 9932nu

Form 24 for 08/08/2012 (Updated)

Progress 416 3YГ(O) Leak Check

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. SM ПСС [Caution & Warning Panel] Test
06:00-06:10	FE-2, FE-3, FE-4, FE-5	Morning Inspection
06:00-06:30	FE-6	Diagnostic Kit (DK). Data Saving
06:10-06:25	FE-4	Post-sleep
06:10-06:40	FE-2, FE-3, FE-5	Post-sleep
06:10-06:25	CDR	Biochemical Urine Test
06:25-06:40	FE-4	
06:25-06:45	CDR	Post-sleep
06:30-06:40	FE-6	Morning Inspection
06:40-06:55	FE-2	Biochemical Urine Test
06:40-07:10	FE-6	Post-sleep
06:40-06:55	FE-4	Post-sleep
06:40-07:30	FE-3, FE-5	BREAKFAST
06:45-07:30	CDR	BREAKFAST
06:55-07:30	FE-4	BREAKFAST
06:55-07:05	FE-2	URYSIS Hardware Stow
07:05-07:30	FE-2	BREAKFAST
07:10-07:30	FE-6	BREAKFAST
07:30-07:55		Daily Planning Conference (<i>S-band</i>)
07:55-08:10	FE-4	BREAKFAST
07:55-08:15	FE-2	Work Prep
07:55-08:25	CDR	Work Prep
07:55-08:05	FE-5	VO2- Power-up to Initiate Equipment Warm-up
07:55-08:25	FE-6	BREAKFAST
07:55-08:10	FE-3	Work Prep
08:05-08:25	FE-5	Work Prep
08:10-08:30	FE-3	Crew corrects BCAT-C1 camera and flash angle to improve image and optimize crystal visibility
08:10-08:25	FE-4	Work Prep
08:15-08:35	FE-2	MATRYOSHKA-R. Monitoring Lulin-5 readings
08:25-08:35	FE-5	Pro K Urine PH Kit Unstow
08:25-08:30	FE-6	EPM Laptop Activation
08:25-10:55	CDR, FE-4	EVA hardware and tool search. <i>Tagup with specialists</i>
08:30-10:00	FE-3	Physical Exercise (ARED)
08:30-08:40	FE-6	LACS. Checkout Big Picture
08:35-09:40	FE-5	VO2. Experiment Protocol With Thermolab Operations

08:40-08:45	FE-6	P/L Video Playback Start
08:45-08:55	FE-6	Work Prep
08:55-09:15	FE-6	MARES Locating Hardware
09:10-10:40	FE-2	Physical Exercise (TVIS), Day 3
09:15-10:25	FE-6	LACS. Checkout Execution
10:00-10:15	FE-3	ARED Flywheel Cylinder Evacuation
10:15-10:25	FE-3	BCATC1. Camcorder Setup
10:20-10:35	FE-5	Journal Entry
10:25-11:10	FE-3	BCATC1. Experiment Start
10:25-10:40	FE-6	ISS Crew/SSIPC FD Conference
10:35-11:50	FE-5	VO2. Experiment Protocol With Thermolab Operations
10:40-12:10	FE-2	Replacement of CД1-7 Light in ISS RS DC1
10:40-10:45	FE-6	Payload Playback Stop
10:45-11:00	FE-6	Nano Step Circuit Box Troubleshooting
10:55-11:55	FE-4	Physical Exercise (VELO), Day 4
10:55-12:10	CDR	Physical Exercise (TVIS), Day 4
11:10-12:20	FE-3	ICV - Copy and download data
11:25-12:55	FE-6	Physical Exercise (ARED)
11:50-12:00	FE-5	YouTube SpaceLab (YTSL) Experiment Review
12:00-12:10	FE-5	YTSL. Camcorder Setup
12:10-12:30	FE-5	YTSL GAP Activation
12:10-13:10	CDR, FE-2, FE-4	LUNCH
12:20-13:20	FE-3	LUNCH
12:30-13:30	FE-5	LUNCH
12:55-13:55	FE-6	LUNCH
13:10-13:50	CDR, FE-2, FE-4	Study of cardiac bioelectric activity at rest. <i>Tagup with specialists (VHF)</i>
13:20-13:35	FE-3	ICV Data Download
13:30-13:45	FE-5	Private Medical Conference
13:35-13:45	FE-3	PAO Hardware Setup
13:45-14:10	FE-5	BLR48. Attaching sensors and starting measurement
13:45-13:55	FE-3	Crew Prep for PAO
13:50-15:50	CDR, FE-4	Preparation of spacesuit replaceable elements, service, and personal gear. <i>Tagup with specialists</i>
13:50-15:20	FE-2	SM Rodnik Water Tank 2 [B2] shell compression / <i>(r/g for equipment will be available in the morning of 08/08/12)</i>
13:55-14:15	FE-3	PAO Event
13:55-14:10	FE-6	LACS. Data Copy From Cardiolab to EPM Laptop
14:10-15:05	FE-6	BLR48. Removal of Holter and Actiwatch
14:10-14:55	FE-5	VO2 - hardware cleaning and stowage

14:15-14:45	FE-3	BCATC1. Hardware Setup Photos
14:45-15:45	FE-3	Exercise (T2)
14:55-15:05	FE-5	LEGOBRICK Video Setup
15:05-16:35	FE-5	LEGOBRICK PL Ops
15:20-15:55	FE-6	Diagnostic Kit (DK). Heart Sound Measurement
15:25-16:50	FE-2	Measurement of sound level of ГАНК-4М
15:45-15:50	FE-3	P/L - Playback Start
15:50-17:05	CDR	Physical Exercise (ARED)
15:50-16:35	FE-3	LEGOBRICK Video Assistance
15:50-16:20	FE-4	AOK ГАНК-4М Data Readout
15:55-16:40	FE-6	Diagnostic Kit (DK). Measurement of Diagnostic Kit components (Pulse Oximeter, Body Temperature and other)
16:30-18:00	FE-4	Physical Exercise (TVIS), Day 3
16:35-17:00	FE-5	Evening Work Prep
16:40-17:25	FE-6	Diagnostic Kit (DK). Muscle Strength Measurement
16:50-17:50	FE-2	Physical Exercise (VELO), Day 3
16:55-17:10	FE-3	Private Medical Conference
17:00-17:05	FE-5	VO2max - PFS Closeout Ops
17:05-18:35	FE-5	Physical Exercise (ARED)
17:10-17:55	FE-3	GLCR. Replace the batteries and swap the Desiccant Packs
17:25-17:35	FE-6	Diagnostic Kit (DK). Questionnaire
17:35-18:15	CDR	24-hour ECG (termination)
17:35-18:35	FE-6	Physical Exercise (T2)
17:50-18:20	FE-2	SPRUT-2. Experiment setup
17:55-18:05	FE-3	BCATC1. Intervalometer Change
18:00-18:35	FE-4	Evening Work Prep
18:05-18:30	FE-3	Evening Work Prep
18:15-18:50	CDR	Evening Work Prep
18:20-18:40	FE-2	24-hour ECG Recording (start)
18:29-18:59	FE-3	BLB Arm Gripper Loosening
18:35-18:50	FE-6	Private Medical Conference
18:35-18:50	FE-4, FE-5	US EVA Tools Gathering
18:40-19:05	FE-2	Evening Work Prep
18:50-19:05	FE-6	Restow MARES Equipment
18:50-19:05	CDR, FE-4, FE-5	DOUG Application Review
19:00-19:05	FE-3	Payload Playback Stop
19:05-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-21:25	FE-5	Pre-sleep
19:30-21:30	CDR, FE-4, FE-6	Pre-sleep

19:30-21:15	FE-2	Pre-sleep
19:30-19:35	FE-3	P/TV Playback Start
19:35-21:25	FE-3	Pre-sleep
21:15-21:20	FE-2	KH2 Closes /
21:20-21:30	FE-2	SONOCARD Experiment Start
21:25-21:30	FE-5	PROK DIET Reminder
21:25-21:30	FE-3	P/TV Playback Stop
21:30-06:00		SLEEP
TASK LIST	CDR, FE-4	ECON. Observations and Photography
	FE-2	IMS Update
	CDR, FE-2, FE-4	Preparation of reports for Roskosmos site / r/g

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
 4. **No access to OCA between 20:30-20:50 and 02:24-03:10**
- End of Radiogram