

Radiogram 9970  
**CREW OFF DUTY**

Form 24 for 08.12.2012

GMT	Crew	Activity
06:00-06:05	FE-5	Urine Spot Test
06:05-06:10	FE-5	Morning Inspection
06:00-06:10	<b>CDR, FE-2,FE-4, FE-3,FE-6</b>	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	<b>CDR</b>	<b>BREAKFAST. <i>SM PCC [Caution &amp; Warning Panel] Test (after breakfast)</i></b>
06:40-07:30	<b>FE-2,FE-4, FE-3,FE-5,FE-6</b>	BREAKFAST
07:30-07:50	FE-5	HRF Urine Sample Collection Subject
07:50-08:00	FE-5	HRF Urine Sample Insertion Into MELFI
08:00-09:30	FE-5	Physical Exercise (ARED)
08:40-08:55	<b>FE-4</b>	Private Family Conference ( <i>S + Ku-band</i> )
09:00-10:15	<b>CDR</b>	Physical Exercise (TVIS), Day 4
10:15-11:15	<b>FE-2</b>	Physical Exercise (VELO), Day 3
10:15-10:20	FE-3	P/L Video Playback Start
11:00-11:20	FE-5	HRF Urine Sample Insertion Into MELFI
11:00-12:00	FE-3	Physical Exercise T2
11:20-11:25	FE-5	HRF Urine Sample Insertion Into MELFI
11:30-13:00	<b>FE-4</b>	Physical Exercise (TVIS), Day 4
11:30-13:00	FE-6	Physical Exercise (ARED)
12:15-12:20	FE-3	Payload Playback Stop
12:40-13:40	FE-5	LUNCH
13:00-14:00	<b>CDR, FE-2,FE-4, FE-3,FE-6,</b>	LUNCH
13:40-13:55	FE-5	Crew Discretionary Conference
13:55-14:00	FE-5	PROK Diet Logging (Day 2-4)
14:00-14:05	FE-5	CGBA Status Check
14:00-14:40	<b>FE-2</b>	COX Maintenance
14:40-15:00	<b>CDR, FE-2, FE-4</b>	TV Greetings
15:00-15:20	FE-5	HRF Urine Sample Collection Subject
15:20-15:25	FE-5	HRF Urine Sample Insertion Into MELFI
15:30-17:00	<b>FE-2</b>	Physical Exercise (TVIS), Day 3
15:30-16:45	<b>CDR</b>	Physical Exercise (ARED)
16:35-16:50	FE-3	Private Family Conference
16:55-17:55	FE-6	Physical Exercise T2
16:55-18:25	FE-3	Physical Exercise (ARED)
17:00-18:00	<b>FE-4</b>	Physical Exercise (VELO), Day 4
17:30-17:45	FE-5	ICV Ambulatory Monitoring End

17:45-17:55	FE-5	HRF Blood Collection Hardware Setup
17:55-18:55	FE-5	Physical Exercise T2
18:35-18:55	<b>CDR, FE-2,FE-4, FE-3,FE-6,</b>	Evening Work Prep
18:55-19:20	.	Daily Planning Conference ( <i>S-band</i> )
19:20-19:30	.	Evening Work Prep
19:30-21:25	FE-5	Pre-sleep
19:30-21:30	FE-6	Pre-sleep
19:30-21:30	<b>CDR,FE-2,FE-4, FE-3</b>	Pre-sleep
21:25-21:30	FE-5	REMINDER - Generic Blood Collection
21:30-06:00	.	Crew Sleep
<b>TASK LIST</b>	<b>CDR,FE-2</b>	Urine transfer to 5B2 tank of Progress 416
	<b>FE-2</b>	SEINER Ocean Observations
	<b>CDR, FE-4</b>	ECON. Observations and Photography
	<b>CDR,FE-2,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