

Radiogram No. 0417u

Form 24 for 10/06/2012

WEEKLY HOUSEKEEPING

TIME	CREW	ACTIVITY
06:00-06:10	FE-4	Morning Inspection Reload Laptop RS2(1) and RSS1,2
06:00-06:05	CDR, FE-6	Reaction Self Test
06:05-06:15	CDR	Morning Inspection
06:05-06:10	FE-6	Reading Reminder
06:10-06:40	FE-4	Post-sleep
06:15-06:40	CDR	Post-sleep
06:15-06:25	FE-6	Energy PFS Powerup
06:25-06:55	FE-6	ENERGY - Urine Sample Collection
06:40-07:30	FE-4	BREAKFAST. SM PCCC [Caution & Warning Panel] Test (after breakfast)
06:40-07:30	CDR	BREAKFAST
06:55-07:05	FE-6	ENERGY Double Labeled Water Intake
07:05-07:20	FE-6	Energy PFS Instrument Check
07:20-08:20	FE-6	Oxygen Uptake Measurements. Part 1.
07:30-10:30	CDR	Weekly Housekeeping
08:20-08:40	FE-6	Standardized Breakfast (ENERGY Food Kit)
08:40-09:30	FE-6	Oxygen Uptake Measurements. Part 2
09:30-09:35	FE-6	Empty Bladder for ENERGY
09:35-10:55	FE-6	Oxygen Uptake Measurements. Part 3
09:40-12:40	FE-4	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB LJB2 Fan Cleaning Inspection of Air Conditioner [CKB] Cleaning SM and FGB Potok-150MK Air Purification System Pre-filters (after 12:00)
10:30-10:35	CDR	CGBA Status Check and Maintenance
10:35-11:35	CDR	Physical Exercise T2
10:55-11:15	FE-6	ENERGY - Urine Sample Collection
11:15-12:05	FE-6	Oxygen Uptake Measurements. Part 3.
12:05-12:25	FE-6	ENERGY - Urine Sample Collection
12:25-12:40	FE-6	PFS Energy Conclusion
12:40-13:10		Weekly Planning Conference
13:40-14:40		LUNCH
14:40-14:45	FE-6	ENERGY Diet Log of Lunch
15:15-15:30	FE-4	Private Psychological Conference (VHF)
15:20-15:35	CDR	Questionnaire Data Entry
15:30-16:10	FE-4	COX Maintenance
16:30-17:30	FE-6	Physical Exercise T2

16:30-18:00	CDR	Physical Exercise (ARED)
17:00-18:30	FE-4	Physical Exercise (TVIS), Day 3
17:30-17:40	FE-6	Food Frequency Questionnaire
18:00-18:10	CDR	Food Frequency Questionnaire
18:30-19:30	FE-4	Physical Exercise (VELO), Day 3
19:30-21:25	CDR	Pre-sleep
19:30-21:20	FE-6	Pre-sleep
19:30-21:30	FE-4	Pre-sleep
21:20-21:25	FE-6	ENERGY Diet Log of Dinner
21:25-21:30	CDR, FE-6	Reaction Self Test
21:30-06:00		SLEEP
Task List	CDR, FE-4 , FE-6	Video Recording of TV Greetings to the 20 th International Space Olympiad for School Children. (Downlink via OCA)
		URAGAN Observations and Photography
	FE-4	ECON Observations and Photography
		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