

Radiogram No. 0705u

Form 24 for 11/09/2012

**Opening and Pressurization of TKF417 Refueling System Tanks. LBNP Exercise**

TIME	CREW	ACTIVITY
06:00-06:10	FE-3	Morning Inspection
06:05-06:10	FE-6	Morning Inspection
06:00-06:05	FE-6	Urine Spot Test
06:00-06:30	<b>FE-4</b>	SPRUT-2 Setup, Body Mass Measurement, and Cleanup
06:00-06:10	<b>FE-1</b>	Morning Inspection. Reboot Laptop RS2(1) RSS1, RSS2 Reboot
06:00-06:05	CDR	PROK-URN - Urine PH Spot Test
06:00-06:10	<b>FE-2</b>	Morning Inspection. SM ПСС [Caution & Warning Panel] Test
06:05-06:25	CDR	HRF Urine Sample Collection
06:10-06:40	<b>FE-2, FE-3, FE-6, FE-1</b>	Post-sleep
06:25-06:35	CDR	HRF Urine Sample Insertion Into MELFI
06:30-07:30	<b>FE-4</b>	SPRUT-2. Experiment Ops. <i>Tagup with specialists (S-band)</i>
06:35-06:45	CDR	Morning Inspection
06:40-07:00	<b>FE-2</b>	BREAKFAST
06:40-07:30	<b>FE-1, FE-3, FE-6</b>	BREAKFAST
06:45-07:15	CDR	Post-sleep
07:00-07:10	<b>FE-2</b>	SPRUT-2. Photography of the Experiment
07:10-07:30	<b>FE-2</b>	BREAKFAST
07:15-07:30	CDR	BREAKFAST
07:30-07:55		Daily Planning Conference ( <i>S-band</i> )
07:55-08:10	FE-6, <b>FE-2, FE-4</b> , CDR, FE-3	ISS Crew and ГОFY (RSA Flight Control Team Management) Weekly Conference ( <i>S-band</i> )
08:00-08:15	<b>FE-1</b>	MAI-75 Transmitter Monitoring
08:10-08:30	<b>FE-4</b>	Post-sleep
08:10-08:30	FE-3	Work Prep
08:10-08:30	CDR	BREAKFAST
08:10-08:20	<b>FE-2</b>	BREAKFAST
08:10-08:30	FE-6	BREAKFAST
08:20-08:30	<b>FE-2</b>	Work Prep
08:30-08:35	FE-6	Start Transfer Water from CWC I
08:30-08:50	CDR	Work Prep
08:30-08:45	<b>FE-1, FE-4, FE-2</b>	IMS Tagup ( <i>S-band</i> )
08:35-10:05	FE-6	Physical Exercise (ARED)
08:35-08:50	FE-3	Journal Entry

08:45-09:25	<b>FE-1</b>	COЖ Maintenance
08:45-09:10	<b>FE-4</b>	Post-sleep
08:45-09:45	<b>FE-2</b>	Cleaning FGB ГЖТ Detachable Screens 1, 2, 3
08:50-08:55	CDR	Ultrasound Scanning - Power Up
08:50-08:55	FE-3	SHD - Weekly Questionnaire Data Entry
08:55-09:10	FE-3	Crew reviews VIABLE OBT
09:05-09:15	CDR	Ultrasound Scanning - Prep
09:10-10:00	<b>FE-4</b>	BREAKFAST
09:15-09:55	CDR	Ultrasound Scanning - Subject
09:15-09:55	FE-3	Ultrasound Scanning - CMO
09:35-09:50	<b>FE-1</b>	MAI-75 Transmitter Monitoring
09:45-10:35	<b>FE-2</b>	Replacing filters in FGB dust collectors ПС1, ПС2 ( <b>ФГБ1ПГО_2_226_1 bag 407-23, (00050997R). Reflect changes in IMS</b> )
09:50-10:50	<b>FE-1</b>	Crew time for ISS adaptation and orientation
09:55-10:20	FE-3	Crew time for ISS adaptation and orientation
10:00-10:20	<b>FE-4</b>	Work Prep
10:05-10:15	CDR	Ultrasound Scanning - Data Transfer
10:05-10:20	FE-6	Work Prep
10:20-12:05	<b>FE-4</b>	Cargo Prepack for return on TK 706 CA
10:20-11:00	FE-6	Ultrasound Scanning - Subject
10:20-11:00	FE-3	Ultrasound Scanning - CMO
10:35-12:05	<b>FE-2</b>	Physical Exercise (TVIS), Day 3
11:00-11:10	FE-6	Ultrasound Scanning - Data Transfer
11:00-12:00	FE-3	Physical Exercise (CEVIS)
11:15-11:30	<b>FE-1</b>	MAI-75 Transmitter Monitoring
11:30-11:40	<b>FE-1</b>	MAI-75. Equipment Deactivation and Cleanup
12:00-13:00	<b>FE-1</b>	Physical Exercise (ARED)
12:00-12:40	FE-3	Ultrasound Scanning - Subject
12:00-12:40	CDR	Ultrasound Scanning - CMO
12:05-13:00	<b>FE-4, FE-2</b> assists	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (S-band)</i>
12:15-12:45	FE-6	Waste and Hygiene Compartment (WHC) Restow
12:40-12:45	FE-3	Ultrasound Scanning - Closeout Ops
12:40-13:00	CDR	HRF Urine Sample Collection
12:45-12:55	FE-3	Ultrasound Scanning - Data Transfer
12:45-13:05	FE-6	HAM Radio Session
13:00-13:05	CDR	HRF Urine Sample Insertion Into MELFI
13:00-14:00	<b>FE-1, FE-3,</b> <b>FE-4, FE-2</b>	LUNCH
13:05-14:05	CDR, FE-6	LUNCH
14:00-14:10	FE-3	USND2 - Ultrasound 2 Hardware Power Off

14:00-16:00	<b>FE-4, FE-2, FE-1</b>	Symbolic Activity
14:05-14:10	CDR, FE-6	PROK Diet Logging (Day 2-4)
14:10-14:30	FE-3, FE-6, CDR	Symbolic Activity
14:30-14:50	FE-6	Transfer water from CWC-I to WPA and purge air from MRF filter cartridge
14:30-15:20	CDR	ICV Monitoring Prep
14:35-15:35	FE-3	Crew time for ISS adaptation and orientation
15:20-16:35	CDR	ICV Monitoring Start
15:30-15:35	FE-6	Payload MPC Restricted Playback Start
15:35-15:45	FE-3	ICV - Ambulatory Monitoring Assistance
15:45-16:45	FE-6	Physical Exercise T2
16:00-16:10	FE-3	ICV - Ambulatory Monitoring Assistance
16:00-17:30	<b>FE-1</b>	Physical Exercise (TVIS), Day 4
16:10-17:10	<b>FE-2</b>	Crew time for ISS adaptation and orientation
16:10-17:10	<b>FE-4</b>	Crew Departure Prep
16:10-17:40	FE-3	Physical Exercise (ARED)
16:35-16:45	CDR	ICV - 10-minute Resting Event
16:45-17:35	FE-6	Diagnostic Kit (DK) Heart Sound Conference
17:10-18:40	<b>FE-4</b>	Physical Exercise (TVIS), Day 1
17:10-17:20	CDR	HRF Blood Collection Hardware Setup
17:10-17:30	<b>FE-2</b>	IMS Update
17:30-18:30	<b>FE-1</b>	CKПФ1, CKПФ2 Dust Filter Replacement and MRM1 Gas-Liquid Heat Exchanger (ГЖТ) Cleaning. <b>(ФГБ1ПГО_2_219_1, bag II-1/259-2 (008135R) Reflect changes in IMS)</b>
17:30-18:30	<b>FE-2</b>	Physical Exercise (VELO), Day 3
17:30-17:35	CDR	BLR48 - Hardware Setup
17:35-18:05	FE-6	Removing Air Bubbles from Aquarium 1 and 2
17:40-17:55	CDR	IMS and Stowage Conference
17:40-18:10	FE-3	TRITEL - Data Prep for Downlink via OCA
18:00-18:20	CDR	HRF Urine Sample Collection
18:05-18:10	FE-6	Payload Playback Stop
18:10-18:45	FE-3	Crew time for ISS adaptation and orientation
18:20-18:25	CDR	HRF Urine Sample Insertion Into MELFI
18:20-18:25	FE-6	Start Transfer Water from CWC I
18:25-18:45	FE-6	HRF Urine Collection Hardware Setup
18:25-18:30	CDR	ICV-3H – Battery Replacement
18:30-18:45	CDR, <b>FE-1, FE-2</b>	Evening Work Prep
18:45-19:10		Daily Planning Conference ( <i>S-band</i> )
19:10-19:30		Flight Director / ISS Crew Tagup ( <i>S-band</i> )

19:30-21:25	FE-6	Pre-sleep
19:30-21:30	<b>FE-1, FE-2, FE-4, FE-3</b>	Pre-sleep
19:30-19:35	CDR	P/TV Playback Start
19:35-20:15	CDR	Pre-sleep
20:15-20:30	CDR	Crew Discretionary Conference
20:30-21:15	CDR	Pre-sleep
21:15-21:20	CDR	Reminder: Generic Sample Blood Collection
21:20-21:25	CDR	ICV-3H MAKTA – Battery Replacement
21:25-21:30	CDR	P/TV Playback Stop
21:25-21:30	FE-6	HRF Urine Collection Hardware Stowage
21:30-06:00		SLEEP
<b>Task List</b>	<b>FE-1, FE-2, FE-4</b>	Preparation of reports for Roskosmos site
	<b>FE-4</b>	URAGAN Observations and Photography
		ECON Observations and Photography

**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. 23:30-00:00 No T2 exercise is allowed**
- End of Radiogram