

Rg 1045u

form 24 for 12/18/2012

**Loading Progress 416. Unloading Progress 417**

<b>GMT</b>	<b>CREW</b>	<b>Activity</b>
06:00-06:10	CDR	Morning inspection
06:00-06:10	<b>FE-1</b>	Morning inspection Rebooting Laptop RS2(1) SM ПСС (Caution & Warning Panel) Test
06:00-06:30	<b>FE-2</b>	SPRUT-2. Assembling experiment configuration, measuring body mass, final steps
06:10-06:40	CDR	Post sleep
06:10-06:35	<b>FE-1</b>	Post sleep
06:30-07:30	<b>FE-2</b>	SPRUT-2. Experiment run
06:35-06:50	<b>FE-1</b>	Breakfast
06:40-07:30	CDR	Breakfast
06:50-07:10	<b>FE-1</b>	SPRUT-2. Photographing during experiment run
07:10-07:30	<b>FE-1</b>	Breakfast
07:30-07:45	CDR	Work prep
07:30-07:40	<b>FE-1</b>	Antivirus scanning check on BKC laptops and report
07:30-07:45	<b>FE-2</b>	Morning inspection. RSS1, RSS2 Reboot. БПИ Temperature Check
07:45-08:00	.	Daily Planning Conference ( <i>S-band</i> ) <b>Report to MCC</b> Antivirus scanning check results (for FE-1)
08:00-08:20	CDR	MOST- Water Sampling
08:00-09:15	<b>FE-1</b>	Vein research, lower extremities
08:00-08:30	<b>FE-2</b>	Post sleep
08:20-08:55	CDR	MOST – water quality measurements
08:30-09:15	<b>FE-2</b>	Breakfast
08:55-13:15	CDR	LAN JSL – cable modification in Cupola Node 3
09:15-09:20	<b>FE-1</b>	Comm config for a session from MRM2
09:15-	<b>FE-2</b>	Vein research, lower extremities

10:30		
09:20-10:20	<b>FE-1</b>	Coulomb Krystall. Experiment run. <i>Tagup with specialists (S-band)</i>
10:20-10:25	<b>FE-1</b>	Comm reconfig in MRM2
10:25-10:55	<b>FE-1</b>	Coulomb Krystall. File prep for downlink via РСПИ
10:30-11:45	<b>FE-2</b>	PHYSICAL EXERCISE TVIS - 2
10:55-11:20	<b>FE-1</b>	CMO skills refresh
11:45-12:35	<b>FE-2</b>	Pille Dosimeter measurements
11:50-12:50	<b>FE-1</b>	PHYSICAL EXERCISE VELO - 3
12:50-13:50	<b>FE-1,FE-2</b>	LUNCH
13:15-13:30	CDR	EHS - AQM start
13:30-14:30	CDR	LUNCH
13:50-14:30	<b>FE-2</b>	COЖ Maintenance
14:00-14:10	<b>FE-1</b>	SLS. RSE-LCS laptop activation to start data recording
14:10-14:25	<b>FE-1</b>	Gather physical exercise equipment for the arriving crew
14:25-16:10	<b>FE-1</b>	Progress 417 unload and IMS update
14:30-15:10	<b>FE-2</b>	IDENTIFIKATSIA. Copying ИМУ-Ц measurement data onto a laptop
14:45-15:20	CDR	T2 - montly inspection
15:10-15:25	<b>FE-2</b>	PMC ( <i>Ku+S-band</i> )
15:20-15:30	CDR	ISTAR monitoring end on modified T2
15:25-16:40	<b>FE-2</b>	PHYSICAL EXERCISE ARED
15:30-15:35	CDR	T2 - monthly inspection
15:35-15:40	CDR	ISTAR monitoring end on modified T2
15:40-16:40	CDR	PHYSICAL EXERCISE T2
16:10-	<b>FE-1</b>	PHYSICAL EXERCISE TVIS - 3

17:40		
16:40-18:10	CDR	PHYSICAL EXERCISE ARED
16:40-18:25	<b>FE-2</b>	Progress 416 loading and IMS update
17:40-17:55	<b>FE-1</b>	PMC ( <i>Ku+S-band</i> )
18:05-18:45	<b>FE-1</b>	Evening work prep
18:35-19:10	CDR	Evening work prep
18:45-19:15	<b>FE-1</b>	SLS. Data copy from RSE-LCS to RSS2 and downlink
18:45-19:15	<b>FE-2</b>	Evening work prep
19:10-19:15	CDR	EHS - AQM ops end
19:15-19:30	.	DPC ( <i>S-band</i> )
19:35-20:45	CDR	Pre-sleep
19:30-19:35	CDR	Photo/video data - replay start
19:30-20:45	<b>FE-1,FE-2</b>	Pre-sleep
20:45-21:00	.	Increment 33 Crew Plaque Installation
21:00-21:25	CDR	Pre-sleep
21:00-21:30	<b>FE-1,FE-2</b>	Pre-sleep
21:25-21:30	CDR	Photo/video data - replay end
21:30-06:00	.	Sleep
<b>Task List</b>	<b>FE-1,FE-2</b>	EKON-M. Observation and photography
		URAGAN. Observation and photo
		Preparing reports for Roscosmos
	<b>FE-1</b>	IMS edit

**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. **For the Russian crew members: use of USOS exercise equipment – strictly per F24 or OSTPV**

**5. RS windows should not be used during SLS payload sessions at 14:56 - 15:01 and 18:10 - 18:16**

End of Radiogram