

Radiogram 1049u
Medical Chek-up

Form 24 for 12.19.2012

GMT	Crew	Activity
06:00-06:10	CDR	Morning inspection
06:00-06:10	FE-1	Morning inspection Laptop RS2(1) Reboot ПСС CM Test
06:00-06:10	FE-2	Morning inspection RSS1, RSS2 Reboot, БПИ Temperature Check
06:10-06:40	.	Post-sleep
06:40-06:55	FE-2	Φ1 БМП Absorption Cartridge Regeneration (start)
06:40-07:30	CDR, FE-1	BREAKFAST
06:55-07:45	FE-2	BREAKFAST
07:30-07:45	CDR, FE-1	Work Prep
07:45-08:00	.	DPC (<i>S-band</i>)
08:00-08:20	.	TK 707 Kazbek fit-check
08:20-09:20	CDR	Physical Exercise CEVIS
08:20-09:40	FE-1	TKГ 417 unloading with IMS updates
08:20-08:35	FE-2	Work Prep
08:35-09:40	FE-2	Loading Progress 416 with IMS updates
09:20-09:25	CDR	Video equipment set-up to record ARED Physical Exercise
09:25-10:55	CDR	Physical Exercise ARED
09:40-12:40	FE-1, FE-2 (assist)	Orthostatic stability evaluation in LBNP. <i>Tag-up with Specialist (S-band)</i>
10:55-11:55	CDR	ARED - lubrication
11:55-12:05	CDR	ARED - resistive mechanism adjustment
12:30-12:45	CDR	SSC3 Laptop transfer
12:45-12:50	CDR	HAM Radio Equipment Power-down in SM
12:50-13:00	CDR	ISSAC Laptop, USB jumpdrive Removal
13:00-14:00	.	LUNCH
14:00-14:15		
14:00-14:40	FE-1	COЖ Maintenance
14:00-14:55	FE-2	Progress 416 loading, IMS update
14:20-14:30	CDR	SSC Laptop config for US crew to arrive on Soyuz 704A
14:30-14:45	CDR	Private Psychological Conference
14:40-15:35	FE-1	Progress 417 unloading, IMS update
14:45-15:00	CDR	Private Psychological Conference
14:55-15:35	FE-2	VIZIR Experiment ops
15:00-18:00	CDR	PMM – organize cargo in PMM area 1A2
15:35-15:55	FE-1	IMS update
15:35-17:05	FE-2	Physical Exercise TVIS – Day 3
15:55-16:00	FE-1	Photo/TV – check Camcorder settings
16:00-17:10	FE-1	Physical Exercise ARED

17:05-18:05	FE-2	Physical Exercise VELO – Day 3
17:10-18:25	FE-1	Physical Exercise TVIS – Day 4
18:00-18:05	CDR	HMS - AED defibrillator check
18:05-18:15	CDR	Switch SSC14 to hard-wire connection to analyze HDD server
18:15-18:25	CDR	SSC20 and SSC14 activation prior to 33S arrival
18:25-18:40	CDR	SSC3 Laptop transfer
18:25-18:40	FE-1,FE-2	Evening Work Prep
18:40-18:55	.	Daily Planning Conference (<i>S-band</i>). Report transfers to TKГ 416
18:55-19:30	.	Evening Work Prep
19:30-19:35	CDR	P/TV Playback Start
19:30-21:30	FE-1	Pre-sleep
19:30-21:15	FE-2	Pre-sleep
19:35-21:25	CDR	Pre-sleep
21:15-21:30	FE-2	Φ1 БМП Absorption Cartridge Regeneration (end)
21:25-21:30	CDR	P/TV Playback Stop
21:30-06:00	.	SLEEP
Task List	FE-1,FE-2	Preparation of reports for Roskosmos site
		URAGAN Observations and Photography
		ECON-M. 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. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**

End of Radiogram