

Radiogram 1138u
Crew Off-duty

Form 24 for 12.30.2012

GMT	Crew	Activity
06:00-06:20	CDR	Urine Sample Collection
06:00-06:10	FE-1	Morning Inspection. Reboot Laptop RS2(1)
06:00-06:10	FE-2	Morning Inspection Reboot RSS1, RSS2, БПИ Temperature Check
06:00-06:10	FE-4	Morning Inspection.
06:00-06:05	FE-5,FE-6	Reaction Self-test
06:05-06:15	FE-5,FE-6	Morning Inspection
06:10-06:40	FE-1,FE-2, FE-4	Post-sleep
06:15-06:45	FE-5,FE-6	Post-sleep
06:20-06:25	CDR	HRF – Urine sample placement in MELFI
06:25-06:30	CDR	Reaction Self-test
06:30-06:35	CDR	Review reminders on collecting urine samples
06:35-06:45	CDR	Morning Inspection
06:40-07:30	FE-1,FE-2	BREAKFAST
06:40-07:30	FE-4	BREAKFAST SM ПСС (C&W Panel) Test (after breakfast)
06:45-07:35	FE-5,FE-6	BREAKFAST
06:45-07:15	CDR	Post-sleep
07:15-08:05	CDR	BREAKFAST
08:30-10:00	FE-4	Physical Exercise (ARED)
09:00-10:15	FE-2	Physical Exercise (TVIS) - Day 2
09:00-10:00	FE-5	Physical Exercise T2
10:00-11:30	FE-5	Physical Exercise (ARED)
10:15-10:30	FE-1,FE-2	Private Family Conference (<i>Ku+S-band</i>)
10:30-11:30	CDR	Physical Exercise (CEVIS)
11:30-13:00	FE-1	Physical Exercise (TVIS) - Day 3
11:30-12:00	FE-5	ICV IMAGE materials review
11:30-13:00	CDR	Physical Exercise (ARED)
11:40-11:55	FE-4	Private Family Conference (<i>Ku+S-band</i>)
12:00-12:10	FE-5	Materials review prior to ICV ECHO
12:30-13:00	FE-6	Visual Inspection of Vessel Imaging equipment
13:00-13:20	CDR	Urine Sample Collection
13:00-14:00	FE-1,FE-2, FE-4,FE-5, FE-6	LUNCH
13:25-14:25	CDR	LUNCH
13:20-13:25	CDR	Urine sample placement in MELFI
14:00-14:40	FE-1	COЖ Maintenance. SM and FGB SVO, Sanitary and Hygienic Equipment (СГО), СПКУ АСУ Counter, ПОТОК Air Purification System Data call-downs
14:00-14:10	FE-6	Materials review prior to ICV ECHO

14:10-14:20	FE-6	ICV ECG materials review
14:25-14:45	CDR	Urine Sample stow
15:30-16:45	FE-2	Physical Exercise (ARED)
16:00-17:00	FE-1	Physical Exercise (VELO) – Day 3
16:05-17:05	FE-6	Physical Exercise T2
17:00-18:00	FE-4	Physical Exercise (TVIS) - Day 2
17:05-18:35	FE-6	Physical Exercise (ARED)
18:05-18:20	FE-5	Evening Work Prep
18:25-18:35	CDR	HRF- stow blood samples
18:35-18:45	FE-5	Evening Work Prep
18:35-19:05	CDR, FE-1 , FE-2 , FE-4 , FE-6	Evening Work Prep
18:45-19:05	FE-5	Pre-sleep
19:05-19:30	.	Daily Planning Conference (<i>S-band</i>)
19:30-21:30	CDR, FE-1 , FE-2 , FE-4	Pre-sleep
19:30-19:55	FE-6	Pre-sleep
19:30-19:50	FE-5	CRHYT- setup
19:50-21:20	FE-5	Pre-sleep
19:55-20:10	FE-6	Private Family Conference
20:10-21:20	FE-6	Pre-sleep
21:20-21:25	FE-5	PFE - reminder
21:20-21:25	FE-6	Reminder on experiment ICV ECHO-2
21:20-21:25	CDR	REMINDER-HRF. Blood Sample collection
21:25-21:30	CDR,FE-5, FE-6	Reaction Self-test
21:30-06:00	.	SLEEP
Task List	FE-1,FE-2	URAGAN. Observation and photography
		SEYNER. Ocean research
		ECON-M. Observation and photography
	FE-1,FE-2 , FE-4	Report prep 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
4. **Russian crew members: use of USOS exercise equipment strictly per F24 or OSTPV**

End of Radiogram