

Radiogram No. 3412nu
LBNP Exercise

Form 24 for 09/09/13 (**Updated**)

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection, Laptop RS2(1) Reboot Inspection of CM-Y connector on MHP-HC separator pump behind ACY panel 139
06:00-06:10	FE-2	Morning Inspection, Laptop RSS1, RSS2 Reboot
06:00-06:05	FE-3	PROK - Urine Sample Collection
06:00-06:10	FE-4	Morning Inspection. SM ПСС (Caution & Warning Panel) Test
06:00-06:05	FE-5	Reaction Self Test
06:00-06:05	FE-6	Reaction Self Test
06:05-06:10	FE-3	Reading REMINDER
06:05-06:10	FE-5, FE-6	Morning Inspection
06:10-07:00	CDR	BREAKFAST
06:10-06:40	FE-2, FE-4, FE-5, FE-6	Post-sleep
06:10-06:30	FE-3	HRF Urine Sample Collection and Scanning
06:30-06:35	FE-3	HRF - Urine Sample MELFI Insertion
06:35-06:50	FE-3	Morning Inspection
06:40-07:30	FE-2, FE-4, FE-6	BREAKFAST
06:40-07:00	FE-5	BREAKFAST
06:50-07:15	FE-3	HRF - Activation of Centrifuge
07:00-07:30	CDR	Post-sleep
07:00-07:15	FE-5	HRF Blood Draw
07:15-07:35	FE-3	Post-sleep
07:15-07:35	FE-5	ISS - HAM Radio Session
07:30-07:45	CDR, FE-2, FE-4	Work Prep
07:35-07:45	FE-3	HRF Refrigerated Centrifuge Configuration
07:35-07:45	FE-6	Gathering O2/CO2 Samples
07:35-07:45	FE-5	BREAKFAST
07:45-08:00	CDR, FE-2	
07:45-08:10	FE-3, FE-4, FE-5, FE-6	Daily Planning Conference (<i>S-band</i>)
08:00-09:30	CDR, FE-2 assists	LBNP Exercise (FINAL). <i>Tagup with specialists (S-band, VHF)</i>
08:10-09:10	FE-4	SW Setup for Econ Experiment on RSE1
08:10-08:30	FE-5	BREAKFAST
08:10-09:40	FE-6	ARED Exercise
08:15-08:20	FE-3	HRF - Blood sample removal from centrifuge and its deactivation
08:20-08:25	FE-3	HRF - Urine Sample MELFI Insertion

08:25-08:40	FE-3	HRF - Deactivation of Refrigerated Centrifuge and Equipment Stowage
08:40-09:35	FE-3	BREAKFAST
08:40-09:40	FE-5	T2 Exercise
09:10-09:40	FE-4	Removal of Air Heater BH1 on SM panel 219
09:30-11:00	FE-2, CDR assists	LBNP Exercise (FINAL). <i>Tagup with specialists (S-band, VHF)</i>
09:35-09:55	FE-3	Work Prep
09:40-11:10	FE-5	ARED Exercise
09:40-10:40	FE-6	T2 Exercise
09:55-10:15	FE-3	HRF Urine Sample Collection and Scanning
10:15-10:20	FE-3	HRF - Urine Sample MELFI Insertion
10:20-10:40	FE-3	HRF Equipment Stow after the Experiment
10:30-10:50	FE-4	MATRYOSHKAR. Prepare Tritel experiment results for return to the ground. <i>Tagup with specialists (S-band)</i>
10:40-11:05	FE-6	DOSIMETER - Handover of Dosimeters to Russian Crew for Return on TK 708
10:40-11:40	FE-3	Physical Exercise T 2
10:50-11:00	FE-4	MATRYOSHKAR. Transfer of Tritel Passive Detectors and USB flash drive to TK
11:00-11:15	CDR	MATRYOSHKAR. Transfer of PADLE detectors and handover for Return
11:00-11:15	FE-4	MATRYOSHKAR. Photos of Handover
11:00-11:15	FE-2	BAKTERIOFAG. Removal and Transfer of BIOECOLOGIIYA Case to TK
11:10-11:25	FE-5	RWS Activation and Setup in the LAB
11:15-11:40	FE-2	Collecting SM and FGB Air Samples Using AK-1M Sampler
11:15-12:00	CDR	TK 708 Stowage Ops
11:15-11:35	FE-4	IMS Update
11:25-11:35	FE-5	CIR - Hardware Teardown
11:40-11:50	FE-2	SM Air Sampling for CO using ИПД Samplers
11:40-12:10	FE-5, FE-6	OBT - Cygnus Rendezvous and Docking Conference
11:40-13:10	FE-3	ARED Exercise
11:45-13:00	FE-4	БД-2 Exercise, 4
11:50-12:05	FE-2	ИПД Air Sampling for Ammonia in SM
12:00-13:00	CDR	T2 Exercise, Day 1
12:05-12:45	FE-2	Microbial Sample Collection
12:10-13:40	FE-5, FE-6	OBT - Cygnus Rendezvous and Docking Review
12:45-13:00	FE-2	Air Heater Fan [БВН] Screen Cleaning in TK 708 БО
13:00-14:00	CDR, FE-2, FE-4	LUNCH
13:10-14:10	FE-3	LUNCH
13:40-14:40	FE-5, FE-6	LUNCH
14:00-15:25	CDR, FE-2	Soyuz 708 Descent Training

14:00-16:00	FE-4	Replacement of RSS2 Laptop Shell
14:10-14:20	FE-3	PROK. Logfile and PH Logsheet Photography
14:20-17:50	FE-3	Fluids Control and Pump Assembly (FCPA) ORU R&R
14:40-15:00	FE-5, FE-6	OBT - Cygnus Procedure Review
15:00-15:10	FE-5, FE-6	OBT - Cygnus Robotics Procedure Review
15:20-15:40	FE-5	US Equipment Prepack for Return on Soyuz 34S
15:25-17:35	CDR	TK 708 Stowage Ops
15:40-17:10	FE-5, FE-6	OBT Cygnus Offset Grapple 1
15:40-15:55	FE-2	Exercise data downlink
16:00-16:10	FE-4	Sanitary & Epidemiological Status Monitoring
16:00-17:00	FE-2	Sanitary & Epidemiological Status Monitoring
16:10-17:25	FE-4	VELO Exercise, Day 4
17:00-18:00	FE-2	БД-2 Exercise, Day 4
17:10-17:20	FE-5, FE-6	OBT SSRMS Debrief
17:25-17:45	FE-4	Set up the first Orlan Battery Pack No. 1268861163 (00060663R, ФГБ1ПГО_2_221_1) for discharge and start discharging
17:30-17:40	FE-6	Atmosphere Revitalization System (ARS) Major Constituent Analyzer (MCA) HV01 Valve Close
17:35-17:45	CDR	Transfers completion report for equipment in TK 708 payload container (S-band)
17:40-18:00	FE-6	DECLIC Removable Hard Disk Drive Exchange
17:45-18:00	CDR, FE-4	Signing ISS RS Handover Protocol
17:50-18:00	FE-5	Gathering O2/CO2 Samples
17:50-18:00	FE-3	PAO Hardware Setup
18:00-18:25		Daily Planning Conference (<i>S-band</i>)
18:25-18:55		Change of Command Ceremony
18:55-19:00	FE-5	Setup for RWS Ops Video Recording
18:55-19:55	CDR	Removal of ЛКТ Local Signal Commutator (TA251МБ) and ROM from TK 708 БО. Stow (CM1PO_3_314_1, bag 353-8 (00037141R)). Reflect changes in IMS
18:55-19:30	FE-2, FE-4, FE-3, FE-6	Evening Work Prep
19:00-19:30	FE-5	
19:30-21:10	FE-4	Pre-sleep
19:30-21:30	FE-2, FE-3	Pre-sleep
19:30-21:25	FE-5, FE-6	Pre-sleep
19:55-21:10	CDR	Pre-sleep
21:10-21:20	CDR, FE-4	Check and Maintain Comm from TK 708 via RGS (<i>VHF</i>)
21:20-21:30	CDR, FE-4	Pre-sleep
21:25-21:30	FE-5	Reaction Self Test
21:25-21:30	FE-6	Reaction Self Test
21:30-11:40		SLEEP

Task List	CDR, FE-2, FE-4	ECON-M. Observations and Photography
		URAGAN. Observations and Photography
	FE-4	Preparation of reports for Roskosmos site
	FE-2	COЖ Maintenance
	CDR, FE-2	Personal Data Prep on SSC for Crew Return

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTPV 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