

Radiogram No.3663u Form 24 for 10/09/2013

CREW HEALTH STATUS. COX MAINTENANCE.

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection Laptop RS2(1) Reboot
06:00-06:10	FE-1	Morning Inspection SM ПСС (Caution & Warning Panel) Test
06:00-06:15	FE-2	KHROMATOMASS. Experiment Setup
06:00-06:05	FE-3	REMINDER - Reading Reminder
06:00-06:05	FE-5	REMINDER - Crew reminder about the experiment constraints
06:00-06:10	FE-6	Morning Inspection
06:05-06:10	FE-5	Morning Inspection
06:05-06:10	FE-3	Crew performs urine test
06:10-06:40	CDR, FE-1, FE-5	Post-sleep
06:10-06:30	FE-3	Post-sleep
06:10-06:45	FE-6	Post-sleep
06:15-06:45	FE-2	KHROMATOMASS. Saliva and Blood Collection
06:30-07:05	FE-3	HRF Blood Collection Operations
06:40-07:30	CDR, FE-1	BREAKFAST
06:40-06:55	FE-5	HRF - Assistance with blood sample collection
06:45-06:55	FE-2	Morning Inspection RSS1,2 Reboot
06:45-06:50	FE-6	HRF - Blood Sample Draw and Photography
06:50-07:20	FE-6	BREAKFAST
06:55-07:25	FE-2	Post-sleep
06:55-07:25	FE-5	BREAKFAST
07:05-07:25	FE-3	BREAKFAST
07:20-07:30	FE-6	MSG - Visual inspection and activation
07:25-08:15	FE-2	BREAKFAST
07:25-07:35	FE-3	HRF - Centrifuge Configuration
07:25-07:30	FE-5	ENERGY Diet Log of Breakfast
07:30-07:45	CDR	Work Prep
07:30-07:50	FE-1	Work Prep
07:30-08:15	FE-5	Video Footage for the 15th Anniversary of the ISS
07:30-07:50	FE-6	Acoustic Dosimeter Setup
07:35-07:55	FE-3	HRF Urine Sample Collection and Scanning
07:45-08:15	CDR	Inspection and Photography of cable 17KC.520H08252A-120 connection with PCE БКГ АФУ
07:50-08:00	FE-6	JEMRMS - Bus Monitor Stop Part 1
07:55-08:00	FE-3	HRF - MELFI Sample Insertion
08:00-08:05	FE-3	BREAKFAST

08:00-08:15	FE-6	Ocular Health (OH) Tonometry Test Setup
08:05-08:10	FE-3	HRF - Sample removal and centrifuge deactivation
08:10-08:15	FE-3	HRF - Blood Sample MELFI Insertion
08:15-08:40		Daily Planning Conference (<i>S-band</i>)
08:40-09:30	CDR, FE-2 assists	Study of Cardiovascular System Under Graded Physical Load on VELO. <i>Tagup with specialists (S-band)</i>
08:40-09:40	FE-1	Crew time for ISS adaptation and orientation
08:40-08:55	FE-5	BREAKFAST
08:40-09:05	FE-6	Ocular Health (OH) Blood Pressure Operations
08:40-09:10	FE-3	BREAKFAST
08:55-09:00	FE-5	Ocular Health (OH) Blood Pressure Operations
09:00-09:20	FE-5	Ocular Health (OH) Tonometry Test - assistance
09:05-09:20	FE-6	Ocular Health (OH) Tonometry Test - Subject
09:10-10:35	FE-3	ARED Exercise
09:20-09:40	FE-5	HAM Radio Session
09:20-09:45	FE-6	Crew Medical Officer (CMO) Proficiency Training
09:30-09:40	FE-2	CASKAD. Manual Mixing in Bioreactor
09:40-10:20	CDR, FE-1, FE-2	Greetings Video Footage
09:45-10:10	FE-5	Ocular Health (OH) Blood Pressure Operations
09:45-09:55	FE-6	JRMS - Start BUS Monitoring
10:00-10:05	FE-6	Ocular Health (OH) Blood Pressure Operations
10:05-10:25	FE-6	Ocular Health (OH) Tonometry Test - assistance
10:10-10:25	FE-5	Ocular Health (OH) Tonometry Test - Subject
10:20-12:05	CDR	Video for Roskosmos TV Channel
10:20-11:20	FE-1	
10:20-10:35	FE-2	KHROMATOMASS. Closeout Ops
10:25-10:30	FE-5	ENERGY - Water Sample Collection
10:25-10:35	FE-6	Ocular Health (OH) - Equipment Stowage
10:30-10:50	FE-5	ENERGY - Urine Sample Collection
10:35-11:30	FE-3, FE-6	INSP3 - Start experiment ops
10:35-10:40	FE-2	Photo/TV Camcorder Setup Verification
10:40-12:05	FE-2	ARED Exercise
11:05-12:05	FE-5	T2 Exercise
11:20-11:30	FE-1	VHF Comm Test via Gibrid-N RGS-33 (<i>VHF</i>)
11:30-12:05	FE-1	Video for Roskosmos TV Channel
11:30-12:25	FE-6	Cygnus Transfers
11:30-12:35	FE-3	Reversible Figures Protocol Execution
12:05-13:35	CDR	БД-2 Exercise, Day 3
12:05-12:45	FE-1	Video Footage for the 15th Anniversary of the ISS

12:05-12:30	FE-2	On-orbit Hearing Assessment using EARQ
12:05-13:35	FE-5	ARED Exercise
12:35-13:35	FE-2	Crew time for ISS adaptation and orientation
12:35-13:35	FE-3	T2 Exercise
12:45-13:35	FE-1	Download Pille Dosimeter Readings
13:10-13:20	FE-6	CYGNUS. Cargo Transfer Tagup
13:20-13:35	FE-6	Private Medical Conference
13:35-14:35	CDR, FE-1, FE-2, FE-3, FE-6	LUNCH
13:35-14:30	FE-5	LUNCH
14:30-14:35	FE-5	ENERGY Diet Log of Lunch
14:35-15:20		ISS Emergency Response OBT. <i>Tagup with specialists (S-band)</i>
15:20-15:30		Integrated Emergency response training - ISS crew internal debrief
15:30-16:10	CDR	COЖ Maintenance
15:30-15:45	FE-2	ИП-1 Flow Sensor Position Check
15:30-15:55	FE-1	On-orbit Hearing Assessment using EARQ
15:30-15:45	FE-5	GLACIER44 Desiccant Pack Swap
15:45-16:10	FE-3, FE-6	INSP3 - Closeout Ops
15:45-16:00	FE-5	BODYM - Equipment Setup
16:10-16:25		On-board Training (OBT) ISS Emergency Drill Conference (<i>S-band</i>)
16:25-17:25	CDR	ARED Exercise
16:25-17:55	FE-1	БД-2 Exercise, Day 1
16:25-17:10	FE-3	EXPRS7 - Laptop SW load
16:25-17:25	FE-2	VELO Exercise, Day 4
16:25-17:25	FE-6	CEVIS Exercise
16:30-16:35	FE-5	Stow Video Equipment Used for ARED Exercise Video
16:35-16:55	FE-5	IV-TEPC Transfer
16:55-17:35	FE-5	CIR Hardware Gather
17:10-17:25	FE-3	EXPRS7 - Laptop SW load
17:25-18:25	CDR, FE-2	Handover
17:25-18:55	FE-6	ARED Exercise
17:25-17:50	FE-3	GLACIER - ELC Laptop Software Load
17:35-18:00	FE-5	Multi-user Droplet Combustion Apparatus MDCA Maintenance Work Area Work Surface Area()
17:55-18:55	FE-1	VELO Exercise, Day 1
18:25-18:55	CDR, FE-3, FE-5	Evening Work Prep
18:25-18:45	FE-2	Evening Work Prep
18:45-18:55	FE-2	CASKAD. Manual Mixing in Bioreactor
18:55-19:20		Daily Planning Conference (<i>S-band</i>)

19:20-19:30	CDR, FE-1, FE-2, FE-3, FE-5	Evening Work Prep
19:20-19:30	FE-6	Pre-sleep
19:30-21:30	CDR, FE-1, FE-2	
19:30-19:40	FE-6	MSG Hardware Deactivation
19:30-21:25	FE-3, FE-5	Pre-sleep
19:40-21:30	FE-6	
21:25-21:30	FE-3	REMINDER - Reading Reminder
21:25-21:30	FE-5	ENERGY Diet Log of Dinner
21:30-06:00		SLEEP
Task List	CDR, FE-1, FE-2	ECON-M. Observations and Photography
		URAGAN Observations and Photography
		Video Footage for Roscosmos Press Service /
		Preparation of reports for Roskosmos site
	CDR	Equipment prepack for return on Sygnus
FE-2	IMS Update	

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. Pre-sleep ops: daily food prep, dinner, pre-sleep
 - 3. Russian crew uses US exercise equipment strictly per F24 or OSTPV**
 4. See OSTP for references to US activities.
 - 5. 06:35-07:15, 00:05-00:45 - No T2 exercise is allowed**
- End of Radiogram