

Radiogram No. 7101u

Form 24 for 11/08/2014

LBNP Exercise

TIME	CREW	CREW
06:00-06:10	CDR	Morning Inspection. Laptop RS1(2) Reboot
06:00-06:10	FE-1	Morning Inspection. Laptop RSS2 Reboot
06:00-06:10	FE-2, FE-3, FE-5	Morning Inspection
06:00-06:05	FE-6	REMINDER - Reading Reminder
06:05-06:20	FE-6	HRF - Generic Sample Operations
06:10-06:40	CDR, FE-1, FE-2, FE-3, FE-5	Post-sleep
06:20-06:25	FE-6	HRF - Sample Blood MELFI Insertion
06:25-06:55	FE-6	Post-sleep
06:40-07:30	CDR, FE-1, FE-3, FE-5	BREAKFAST
06:40-07:30	FE-2	BREAKFAST. SM ПСС (Caution & Warning Panel) Test
06:55-07:30	FE-6	BREAKFAST
07:30-07:45	CDR, FE-1, FE-2	Work Prep
07:30-09:25	FE-3	Weekly Housekeeping
07:30-10:30	FE-5	Weekly Housekeeping
07:30-09:50	FE-6	Weekly Housekeeping
07:45-08:00	CDR, FE-1, FE-2	Daily Planning Conference (<i>S-band</i>)
08:00-09:35	FE-2	SSK/MAS Microbial analysis (T+5)
08:05-08:45	FE-1	СОЖ Maintenance
08:45-10:15	CDR	LBNP Exercise (CLOSEOUT). <i>Tagup with specialists (S-band)</i>
08:45-10:15	FE-1	Assisting with LBNP Exercise
09:25-10:55	FE-3	ARED Exercise
09:35-10:20	FE-2	SM, FGB, and MRM1 Air Sampling Using AK-1M Sampler
09:50-10:10	FE-6	HAM radio session from Columbus
10:10-10:30	FE-6	Weekly Housekeeping
10:20-10:30	FE-2	ИПД Air Sampling for Ammonia in SM
10:30-10:45	CDR	Private Family Conference (<i>Ku + S-band</i>)
10:30-11:00	FE-1	EKAM - Hardware Power Down and Stowage
10:30-11:30	FE-2	БД-2 Exercise, Day 2
10:30-10:45	FE-5	Prepacking of MAS/SSK Samples for return
10:30-11:30	FE-6	T2 Exercise
11:00-12:00	CDR	On MCC GO Dismantling ЛКТ (TA251M1Б) and ROM from TK 713 БО (<i>Stow at CM1PO_3_314_1, bag 353-8 (00037141R). Reflect changes in IMS</i>)
11:30-12:40	FE-5	T2 Exercise

11:30-12:25	FE-6	JAXA - PCG Removal and Handover to RS crew
11:45-12:05	FE-1	KRISTALLIZATOR. Joint Packing, Acceptance of PCG kits, Transfer to TK for Return
11:45-12:00	FE-2	KRISTALLIZATOR. Photo of PCG Kits Handover / r/g 7139
12:00-13:00	CDR	Sanitary & Hygiene Status Monitoring
12:00-12:40	FE-2	KMicrobial Sample Collection (Sampling for Kit 2)
12:15-12:30	FE-1	Private Family Conference (<i>Ku + S-band</i>)
12:25-12:45	FE-6	Weekly Housekeeping
12:40-12:50	FE-1, FE-2	Sanitary & Hygiene Status Monitoring
12:45-13:00	FE-6	Private Medical Conference
12:50-13:10	FE-1	POLYGEN. Closeout Ops
13:00-13:20	CDR	REGENERATSIYA-1. Transfer of containers to Soyuz
13:10-13:20	FE-1	POLYGEN. Removal from SM and Transfer to TK
13:10-13:35	FE-2	STRUKTURA. Deactivation of crystallization process
13:20-14:30	CDR	ТПК 713 Return Cargo Ops
13:20-13:35	FE-1	STRUKTURA. Photography
13:20-14:50	FE-6	ARED Exercise
13:35-13:50	FE-1	ARIL. Case Removal from Incubator (+4 deg C) and Transfer to TK
13:35-13:50	FE-2	STRUKTURA. Transfer of Luch-2M kit to TK
14:00-14:15	FE-2	Private Family Conference (<i>Ku + S-band</i>)
14:30-15:30	CDR, FE-1, FE-2	LUNCH
14:30-14:45	FE-5	Private Medical Conference
14:50-15:50	FE-3, FE-5, FE-6	LUNCH
15:30-18:10	CDR	ТПК 713 Return Cargo Ops
15:30-17:30	FE-1	Weekly Housekeeping / MO, Book 1, 1.2.1, p. 1-2 SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЛБ2 Fan Cleaning Inspection of Air Conditioner Cleaning Auxiliary Computer System (BKC) Laptops Cleaning SM and FGB Potok-150 MK Air Purification System Pre-filters
15:30-18:30	FE-2	Weekly Cleaning Cleaning Auxiliary Computer System (BKC) Laptops
15:50-16:00	FE-3	Health Maintenance System (HMS) - Food Frequency Questionnaire
15:55-16:15	FE-5	HAM radio session from Columbus
16:10-17:15	FE-3	Weekly Housekeeping
16:10-16:25	FE-6	Crew's preference activity
16:15-16:25	FE-5	Health Maintenance System (HMS) - Food Frequency Questionnaire
16:25-16:35	FE-5	MERLIN Desiccant Replacement
17:05-17:20	FE-6	Private Family Conference
17:20-18:40	FE-5	ARED Exercise

17:30-19:00	FE-1	БД-2 Exercise, Day 3
17:30-17:40	FE-3	MELF3 - Hardware Insertion
17:45-18:00	FE-3	On-Call Crew Quarters Configuration
18:00-19:00	FE-3	T2 Exercise
18:10-18:20	CDR	Soyuz 713 Transfer Operations Report
18:40-18:55	FE-5	Private Family Conference
18:45-20:15	FE-2	ARED Exercise
19:00-20:00	CDR	БД-2 Exercise, Day 4
19:00-20:00	FE-1	VELO Exercise, Day 3
19:00-19:30	FE-3	Zebrafish - Gathering items for sample capture activities
19:10-19:25	FE-6	HRF - Blood Collection Setup
20:00-20:15	CDR, FE-1	Signing ISS RS Handover Protocol
20:15-20:30	CDR, FE-1, FE-2	Daily Planning Conference (<i>S-band</i>)
20:30-20:40	CDR, FE-1, FE-2	Loss of Attitude Control (LoAC) Procedure Review
20:40-21:00	CDR, FE-1, FE-2	Pre-sleep
20:50-21:00	FE-3	HRF - Hardware Setup
21:00-21:20		Change of Command Ceremony (<i>Ku-band</i>)
21:20-22:50	CDR, FE-6	Pre-sleep
21:20-23:00	FE-1, FE-2, FE-5	Pre-sleep
21:20-22:10	FE-3	Pre-sleep
22:10-22:25	FE-3	Private Family Conference
22:25-22:55	FE-3	Pre-sleep
22:50-23:00	CDR	ТПК 713 [CA] cool down prior to descent KP1 XCA БО → MIN, KP2 XCA CA → MAX
22:50-22:55	FE-6	Reading REMINDER
22:55-23:00	FE-3	REMINDER - Reading Blood draw reminder
22:55-23:00	FE-6	REMINDER - Reading Reminder
23:00-12:30		SLEEP
Task List	CDR, FE-1, FE-2	Preparation of reports for Roscosmos site
		ECON-M. Observations And Photography
		URAGAN Observations and Photography

Notes:

1. See OSTPV for references to US activities.
2. Pre-sleep ops: daily food prep, dinner, pre-sleep
3. Russian crew uses US exercise equipment strictly per F24 or OSTPV