

Radiogram No. 5802u

Form 24 for 05.22.03

**Test Correction of БИНС (СД+ИКВ) • Test of БСММ/БСВ-М Comm**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–06:55	CDR	HEMATOCRIT: hematocrit value
06:40–07:30	FE-1	BREAKFAST
06:55–07:55	CDR	SPRUT: study of human body fluids ( <i>tagup w/ ground specialist: S-band</i> )
07:30–08:00	FE-1	Prep for work
08:00–08:15		Daily planning conference ( <i>S-band</i> )
08:15–09:05	CDR	BREAKFAST
08:15–08:35	FE-1	Microbial analysis T + 2
08:35–08:55		Download of microbial analysis data to MEC
08:55–09:05		Microbial analysis T + 2: stowage
09:05–09:45		Maintenance of COЖ
09:05–09:30	CDR	Prep for work
09:30–10:45		ISS RS inventory audit
09:45–09:55	FE-1	TVIS exercise video setup
09:55–10:55		Physical exercise (TVIS)
10:45–11:00	CDR	VOZDUKH: transition to auto mode
11:00–12:30		Physical exercise (TVIS-2)
11:00–11:30	FE-1	Educational Payload Operations (EPO) tagup (S-band)
11:30–12:00		ISS-7/NASA Chief Scientists conference (S-band)
12:00–12:20		TVIS exercise video: stowage
12:30–13:30		LUNCH
13:30–14:35		ISS RS inventory audit
14:35–14:45	FE-1	Setup for PAO TV event
14:45–14:55		
14:55–15:15		Educational PAO TV event: Adler Planetarium (Chicago, IL)
15:30–16:20	CDR, FE-1 (assist)	Evaluation of cardiovascular status during graded exercise on VELO ( $T_0=15:50$ ) <i>tagup w/ ground specialist</i>
16:25–16:35	FE-1	Video setup for RED exercise
16:35–18:05		Physical exercise (RED)
16:50–17:50	CDR	Physical exercise (VELO + Load Trainer-1 / day 2)
17:50–18:15		IMS file prep
18:05–18:15	FE-1	RED exercise video stowage
18:15–18:25		Daily plan review
18:25–18:40		Daily planning conference ( <i>S-band</i> )
18:40–19:00		Daily plan review
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

**Note:** 1. See OSTP for references to US procedures  
2. Task List: STARMAIL / End of radiogram