## Radiogram No. 6034u Form 24 for 07/01/03 Stowage of discarded equipment in Progress M1-10

06:10-06:40         FE-1         Post-sleep           06:10-06:20         CDR         URAGAN: Earth observations and photo survey           06:20-06:40         CDR         URAGAN: Earth observations and photo survey           06:40-06:55         CDR         "Hematocrit". Determining hematocrit number           06:40-07:25         FE-1         BREAKFAST           06:55-07:00         CDR         Laptop 3 setup           07:00-07:40         CDR         SPRUT. Study of the human body fluid medium condition           07:25-07:50         FE-1         Acoustic dosimeters preparation and set up           07:40-07:55         CDR         Post-sleep           07:50-08:20         FE-1         Prep for work           07:55-08:05         CDR         URAGAN: Earth observations and photo survey           08:05-08:20         CDR         Post-sleep           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)	GMT	CREW	ACTIVITY
Post-sileep	06:00-06:10		Morning inspection
06:10-06:20         CDR         URAGAN: Earth observations and photo survey           06:20-06:40         CDR         URAGAN: Earth observations and photo survey           06:40-06:55         CDR         "Hematocrit". Determining hematocrit number           06:40-07:25         FE-1         BREAKFAST           06:55-07:00         CDR         Laptop 3 setup           07:00-07:40         CDR         SPRUT. Study of the human body fluid medium condition           07:25-07:50         FE-1         Acoustic dosimeters preparation and set up           07:40-07:55         CDR         Post-sleep           07:50-08:20         FE-1         Prep for work           07:55-08:05         CDR         URAGAN: Earth observations and photo survey           08:20-08:35         Daily planning conference (S-band)           08:35-08:20         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-11:15         FE-1         Photographing of crew acoustic dosimeters           09:15-12:30         CDR         BREAKFAST           08:30-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-12:30         CDR         St	06:10-06:40	FE-1	Post-sleep
06:40-06:55         CDR         "Hematocrit". Determining hematocrit number           06:40-07:25         FE-1         BREAKFAST           06:50-07:00         CDR         Laptop 3 setup           07:00-07:40         CDR         SPRUT. Study of the human body fluid medium condition           07:25-07:50         FE-1         Acoustic dosimeters preparation and set up           07:40-07:55         CDR         Post-sleep           07:50-08:20         FE-1         Prep for work           07:50-08:20         CDR         URAGAN: Earth observations and photo survey           08:05-08:20         CDR         Daily planning conference (S-band)           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-08:50         FE-1         Photographing of crew acoustic dosimeters           08:15-11:15         FE-1         Photographing of crew acoustic dosimeters           09:15-11:15         FE-1         Photographing of crew acoustic dosimeters           09:15-11:15         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         DR         Stowage of discarded equipment in Progress M1-10 (using IMS)           11:15-12:05         DR         Maintenance of CCVIS           12	06:10-06:20	CDR	
06:40-07:25         FE-1         BREAKFAST           06:55-07:00         CDR         Laptop 3 setup           07:00-07:40         CDR         SPRUT. Study of the human body fluid medium condition           07:25-07:50         FE-1         Acoustic dosimeters preparation and set up           07:40-07:55         CDR         Post-sleep           07:50-08:20         FE-1         Prep for work           07:55-08:05         CDR         URAGAN: Earth observations and photo survey           08:05-08:20         CDR         Post-sleep           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-11:15         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           12:05-12:45         CDR         Maintenance of COWK           12:30-13:00         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Monthly maintenance of CEVIS           12:46-13:30         FE-1         Monthly maintenance of CEVIS	06:20-06:40	CDR	URAGAN: Earth observations and photo survey
06:55-07:00         CDR         Laptop 3 setup           07:00-07:40         CDR         SPRUT. Study of the human body fluid medium condition           07:25-07:50         FE-1         Acoustic dosimeters preparation and set up           07:40-07:55         CDR         Post-sleep           07:55-08:20         FE-1         Prep for work           07:55-08:05         CDR         URAGAN: Earth observations and photo survey           08:05-08:20         CDR         Post-sleep           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:35-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-11:15         FE-1         Photographing of crew acoustic dosimeters           09:15-12:45         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         LUNCH           13:00-14:00         CDR         LUNCH           13:35-13:40         FE-1         Ham radio setsion           13	06:40-06:55	CDR	"Hematocrit". Determining hematocrit number
07:00-07:40         CDR         SPRUT. Study of the human body fluid medium condition           07:25-07:50         FE-1         Acoustic dosimeters preparation and set up           07:40-07:55         CDR         Post-sleep           07:50-08:20         FE-1         Prep for work           07:55-08:05         CDR         URAGAN: Earth observations and photo survey           08:05-08:20         CDR         Post-sleep           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-11:15         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COW           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         LUNCH           13:00-14:00         CDR         LUNCH           13:30-13:30         FE-1         Ham radio set up <td< td=""><td>06:40-07:25</td><td>FE-1</td><td>BREAKFAST</td></td<>	06:40-07:25	FE-1	BREAKFAST
07:25-07:50         FE-1         Acoustic dosimeters preparation and set up           07:40-07:55         CDR         Post-sleep           07:50-08:20         FE-1         Prep for work           07:50-08:05         CDR         URAGAN: Earth observations and photo survey           08:05-08:20         CDR         Post-sleep           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-11:15         FE-1         Physical exercise (CEVIS)           09:15-11:15         FE-1         Physical exercise (CEVIS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COW           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-13:15         FE-1         FE-1           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up	06:55-07:00	CDR	Laptop 3 setup
07:40-07:55         CDR         Post-sleep           07:50-08:20         FE-1         Prep for work           07:55-08:05         CDR         URAGAN: Earth observations and photo survey           08:05-08:20         CDR         Post-sleep           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:60-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           09:15-11:15         FE-1         Physical exercise (CEVIS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COW           12:05-12:45         CDR         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           12:45-13:00         CDR         LUNCH           13:00-14:00         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio set up           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:05 <t< td=""><td>07:00-07:40</td><td>CDR</td><td>SPRUT. Study of the human body fluid medium condition</td></t<>	07:00-07:40	CDR	SPRUT. Study of the human body fluid medium condition
07:50-08:20         FE-1         Prep for work           07:55-08:05         CDR         URAGAN: Earth observations and photo survey           08:05-08:20         CDR         Post-sleep           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-11:15         FE-1         Photographing of crew acoustic dosimeters           09:15-11:16         FE-1         Physical exercise (CEVIS)           12:05-12:40         CDR         CWC fill up (end)           13:05-13:00 <td>07:25-07:50</td> <td>FE-1</td> <td>Acoustic dosimeters preparation and set up</td>	07:25-07:50	FE-1	Acoustic dosimeters preparation and set up
07:55-08:05         CDR         URAGAN: Earth observations and photo survey           08:05-08:20         CDR         Post-sleep           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew accustic dosimeters           09:15-11:15         FE-1         Photographing of crew accustic dosimeters           09:15-11:15         FE-1         Photographing of crew accustic dosimeters           09:15-11:15         FE-1         Physical exercise (CEVIS)           09:15-11:15         FE-1         Physical exercise (CEVIS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:45-13:00         FE-1         Monthly maintenance of CCWK           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:15-13:30         FE-1         FE-1           13:40-13:50         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:05-14:35 </td <td>07:40-07:55</td> <td>CDR</td> <td>Post-sleep</td>	07:40-07:55	CDR	Post-sleep
08:05-08:20         CDR         Post-sleep           08:20-08:35         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           09:15-11:15         FE-1         Physical exercise (CEVIS)           11:15-12:30         FE-1         Monthly maintenance of COWK           12:05-12:45         CDR         Maintenance of COWK           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:35-13:40         FE-1         FE-1           13:40-13:50         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:05-14:35         FE-1         InSPACE ops           Inspection of the Working Compartment (PO) hull and shell behind p	07:50-08:20	FE-1	Prep for work
08:20-08:35         .         Daily planning conference (S-band)           08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           09:15-11:15         FE-1         Physical exercise (CEVIS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COЖ           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of	07:55-08:05	CDR	URAGAN: Earth observations and photo survey
08:35-08:50         FE-1         Food questionnaire           08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COЖ           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134, 135, 138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:1	08:05-08:20	CDR	Post-sleep
08:35-09:15         CDR         BREAKFAST           08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           09:15-11:15         FE-1         Physical exercise (CEVIS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COЖ           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:30-13:15         FE-1         Fe-1           13:40-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00 <td>08:20-08:35</td> <td></td> <td>Daily planning conference (S-band)</td>	08:20-08:35		Daily planning conference (S-band)
08:50-09:10         FE-1         Photographing of crew acoustic dosimeters           09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           09:15-11:15         FE-1         Physical exercise (CEVIS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COЖ           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:00-13:15         FE-1         FE-1           13:15-13:30         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:15-15:45         CDR         Private medical conference (S-band)           14:15-15:45         FE-1         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         INSPACE experiment prep           15:00-15:10 <td>08:35-08:50</td> <td>FE-1</td> <td>Food questionnaire</td>	08:35-08:50	FE-1	Food questionnaire
09:15-12:05         CDR         Stowage of discarded equipment in Progress M1-10 (using IMS)           09:15-11:15         FE-1         Stowage of discarded equipment in Progress M1-10 (using IMS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COЖ           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:00-13:15         FE-1         FE-1           13:15-13:30         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio set up           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134, 135, 138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         F	08:35-09:15	CDR	BREAKFAST
09:15-11:15         FE-1         Stowage of discarded equipment in Progress M1-10 (using IMS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COW           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H	08:50-09:10	FE-1	Photographing of crew acoustic dosimeters
09:15-11:15         FE-1         Physical exercise (CEVIS)           11:15-12:30         FE-1         Physical exercise (CEVIS)           12:05-12:45         CDR         Maintenance of COW           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:00-13:15         FE-1         FE-1           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134, 135, 138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1 <td< td=""><td>09:15-12:05</td><td>CDR</td><td>Staylogo of disparded equipment in Progress M1.10 (using IMS)</td></td<>	09:15-12:05	CDR	Staylogo of disparded equipment in Progress M1.10 (using IMS)
12:05-12:45         CDR         Maintenance of COЖ           12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:00-13:15         FE-1         FE-1           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:05         FE-1         Microgravity Science (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	09:15-11:15	FE-1	Slowage of discarded equipment in Flogress M1-10 (using IMS)
12:30-13:00         FE-1         Monthly maintenance of CEVIS           12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:00-13:15         FE-1         FE-1           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	11:15-12:30	FE-1	Physical exercise (CEVIS)
12:45-13:00         CDR         CWC fill up (beginning)           13:00-14:00         CDR         LUNCH           13:00-13:15         FE-1         FE-1           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	12:05-12:45	CDR	Maintenance of СОЖ
13:00-14:00         CDR         LUNCH           13:00-13:15         FE-1         Fe-1           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         inSPACE observations	12:30-13:00	FE-1	Monthly maintenance of CEVIS
13:00-13:15         FE-1           13:15-13:30         FE-1         Family private conference (Ku+S-band). Video downlink for R. Lu and family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InsPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	12:45-13:00	CDR	CWC fill up (beginning)
13:15-13:30   FE-1   Family private conference (Ku+S-band). Video downlink for R. Lu and family in California     13:35-13:40   FE-1   Ham radio set up     13:40-13:50   FE-1   Ham radio session     13:50-14:00   FE-1   LUNCH     14:00-14:05   FE-1   Microgravity Science Glovebox (MSG) - activation.     14:00-14:15   CDR   Private medical conference (S-band)     14:05-14:35   FE-1   InSPACE ops     14:15-15:45   CDR   Inspection of the Working Compartment (PO) hull and shell behind pan.     13:40-13:40   FE-1   INSPACE experiment prep     15:00-15:10   FE-1   INSPACE experiment prep     15:10-15:25   FE-1   CWC fill up (end)     15:25-15:35   FE-1   InSPACE observations     13:40-13:40   FE-1   InSPACE observations     14:40-14:40   FE-1   InSPACE observations     15:40-15:40   FE-1   InSPACE observations     15:40-15:40   FE-1   InSPACE observations     16:40-14:40   FE-1   F	13:00-14:00	CDR	LUNCH
13:35-13:30         FE-1         family in California           13:35-13:40         FE-1         Ham radio set up           13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	13:00-13:15	FE-1	
13:40-13:50         FE-1         Ham radio session           13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	13:15-13:30	FE-1	
13:50-14:00         FE-1         LUNCH           14:00-14:05         FE-1         Microgravity Science Glovebox (MSG) - activation.           14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	13:35-13:40	FE-1	Ham radio set up
14:00-14:05FE-1Microgravity Science Glovebox (MSG) - activation.14:00-14:15CDRPrivate medical conference (S-band)14:05-14:35FE-1InSPACE ops14:15-15:45CDRInspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS14:35-15:00FE-1IMS file prep15:00-15:10FE-1INSPACE experiment prep15:10-15:25FE-1CWC fill up (end)15:25-15:35FE-1Happy birthday to Ed Lu from Mission Control. MCC-H15:35-15:45FE-1InSPACE observations	13:40-13:50	FE-1	Ham radio session
14:00-14:15         CDR         Private medical conference (S-band)           14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	13:50-14:00	FE-1	LUNCH
14:05-14:35         FE-1         InSPACE ops           14:15-15:45         CDR         Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS           14:35-15:00         FE-1         IMS file prep           15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	14:00-14:05	FE-1	Microgravity Science Glovebox (MSG) - activation.
14:15-15:45 CDR Inspection of the Working Compartment (PO) hull and shell behind pan. 130, 134,135,138 and TVIS  14:35-15:00 FE-1 IMS file prep  15:00-15:10 FE-1 INSPACE experiment prep  15:10-15:25 FE-1 CWC fill up (end)  15:25-15:35 FE-1 Happy birthday to Ed Lu from Mission Control. MCC-H  15:35-15:45 FE-1 InSPACE observations	14:00-14:15	CDR	Private medical conference (S-band)
14:15-15:45       CDR       130, 134,135,138 and TVIS         14:35-15:00       FE-1       IMS file prep         15:00-15:10       FE-1       INSPACE experiment prep         15:10-15:25       FE-1       CWC fill up (end)         15:25-15:35       FE-1       Happy birthday to Ed Lu from Mission Control. MCC-H         15:35-15:45       FE-1       InSPACE observations	14:05-14:35	FE-1	InSPACE ops
15:00-15:10         FE-1         INSPACE experiment prep           15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	14:15-15:45	CDR	
15:10-15:25         FE-1         CWC fill up (end)           15:25-15:35         FE-1         Happy birthday to Ed Lu from Mission Control. MCC-H           15:35-15:45         FE-1         InSPACE observations	14:35-15:00	FE-1	IMS file prep
15:25-15:35 FE-1 Happy birthday to Ed Lu from Mission Control. MCC-H 15:35-15:45 FE-1 InSPACE observations	15:00-15:10	FE-1	INSPACE experiment prep
15:35-15:45 FE-1 InSPACE observations	15:10-15:25	FE-1	CWC fill up (end)
	15:25-15:35	FE-1	Happy birthday to Ed Lu from Mission Control. MCC-H
15:45-18:15 CDR PROFILAKTIKA. Cycle ergometer test. Tag up w/ ground specialists (S-	15:35-15:45	FE-1	InSPACE observations
	15:45-18:15	CDR	PROFILAKTIKA. Cycle ergometer test. Tag up w/ ground specialists (S-

		band)
15:45-16:00	FE-1	Private medical conference (S-band)
16:00-16:10	FE-1	INSPACE experiment prep
16:25-16:35	FE-1	InSPACE cassette changeout
16:35-16:55	FE-1	InSPACE power down
16:55-17:00	FE-1	Microgravity Science Glovebox (MSG) powerdown
17:00-18:15	FE-1	Physical exercise (RED)
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Prep for work
19:30-19:50	FE-1	Acoustic dosimeters data recording
19:30-20:00	CDR	DINNER
19:50-20:20	FE-1	
20:00-20:30	CDR	Daily food prep
20:20-20:35	FE-1	Private conference with friends in JSC (Ku+S-band) (per crew request)
20:30-21:30	CDR	Pre-sleep
20:40-20:55	FE-1	Private conference (Ku+S-band) (per crew request for Christina Romero)
21:00-21:30	FE-1	Pre-sleep
21:30-06:00		SLEEP

**NOTE:** See OSTP for references to US activities End of radiogram