

Radiogram No. 4710u

Form 24 for November 19 – 20, 2002

**LBNP Training**

GMT	CREW	ACTIVITY
16:00-16:10		Morning inspection
16:10-16:40		Post-sleep
16:40-17:30		BREAKFAST
17:30-17:55		Work prep
17:55-18:10		Daily planning conference ( <i>S-band</i> )
18:10-18:25	FE-1	Food questionnaire
18:15-18:45	CDR, FE-2	Prep for crew departure
18:25-18:35	FE-1	Daily payload status check in Lab
18:35-18:50		Private medical conference ( <i>S-band</i> )
18:45-19:40	CDR, FE-2 assist	LBNP training ( <b>T<sub>0</sub> = 19:08</b> ) Tagup with specialist ( <i>YKB</i> )
18:50-20:20	FE-1	Physical exercise (RED)
19:40-20:10	CDR, FE-2	Prep for crew departure
20:20-21:15	FE-2, CDR assist	LBNP training ( <b>T<sub>0</sub> = 20:44</b> ) Tagup with specialist ( <i>YKB</i> )
20:20-21:20	FE-1	Physical exercise (CEVIS)
21:15-22:45	FE-2	FGB interior panels: cleaning ventilation grilles
21:20-22:45	CDR, FE-1	EXPRESS Rack 3: ARIS install
22:45-23:45		LUNCH
23:45-03:00	CDR	EXPRESS Rack 3: ARIS install
23:45-03:15	FE-1	
23:45-00:00	FE-2	<b>On MCC Go</b> БМП Φ2 absorbent cartridge regeneration (init)
00:20-00:35		Private medical conference ( <i>S-band</i> )
00:35-01:15		COЖ maintenance
01:25-01:40		БМП Φ1 absorbent cartridge regeneration (term)
01:45-03:15		Physical exercise (TVIS + Active Rest, day 4)
03:00-04:30	CDR	
03:15-04:15	FE-1	Prep for crew departure
03:40-04:15	FE-2	IMS file prep
04:15-04:45	FE-1, FE-2	Daily plan review
04:30-04:45	CDR	Private medical conference ( <i>S-band</i> )
04:45-05:00		Daily planning conference ( <i>S-band</i> )
05:00-05:30		Report prep
05:30-06:00		DINNER
06:00-06:30		Daily food prep
06:30-07:30		Pre-sleep
07:30-16:00		SLEEP

**Note:** See OSTP for references to US activities.

End of radiogram