

Radiogram No. 5790u

Form 24 for 05/19/03

**Test of the Reserve Ground Control Capability from RRCG in MCC-H**

<b>GMT</b>	<b>CREW</b>	<b>Activity</b>
06:00-06:10		Morning inspection
06:10-06:20	CDR	Body mass measurement: equipment setup
06:10-06:20	FE -1	Calf volume measurement
06:20-06:30	CDR	Calf volume measurement
06:20-06:35	FE -1	Body mass measurement
06:35-07:05	FE -1	Post-sleep
06:35-06:50	CDR	Body mass measurement
06:50-07:00		Body mass measurement: equipment stowage
07:00-07:20		Post-sleep
07:05-08:00	FE -1	BREAKFAST
07:20-08:00	CDR	BREAKFAST
08:00-08:15		Daily planning conference ( <i>S-band</i> )
08:15-08:30	FE -1	InSPACE familiarization
08:15-08:45	CDR	Prep for work
08:30-08:35	FE -1	Microgravity Science Glovebox (MSG): activation
08:35-08:45		InSPACE cassette changeout
08:45-09:15		InSPACE ops
09:00-09:15	CDR	Regeneration of $\Phi 1$ absorption cartridge in БМП (start)
09:15-09:45	FE -1	Prep for work
09:15-10:55	CDR	IMS stowage location check
09:45-09:55	FE -1	InSPACE: prep for experiment monitoring
09:55-10:05		ISS-7 daily payload status check
10:15-10:25		InSPACE: experiment monitoring
10:25-10:40		EMU BSA battery re-charge init
10:40-10:50		InSPACE: prep for experiment monitoring
10:50-11:05		Recovery of periodic backup of the local area network
10:55-12:25	CDR	Physical exercise (TVIS-3)
11:05-11:15	FE -1	INSPLACE: MSG videocassette changeout
11:15-11:25		InSPACE powerdown
11:25-11:30		Microgravity Science Glovebox (MSG): powerdown
11:30-12:30		Physical exercise (CEVIS)
12:25-12:30	CDR	Weekly maintenance of TVIS
12:30-13:30		LUNCH
13:30-14:15		Prep for EMU fit check
14:15-15:55	CDR	IMS stowage location check
14:35-14:45	FE -1	Microbial analysis
14:45-16:15		Microbial analysis (T + 5)

15:55-16:35	CDR	Maintenance of COЖ
16:15-16:35	FE -1	Download of microbial analysis data to MEC
16:35-17:15	CDR	IMS file prep
16:35-16:45	FE -1	Microbial analysis (T + 5)
16:45-18:15		Physical exercise (RED)
17:15-18:15	CDR	Physical exercise (VELO + Load Trainer-1 / day 3)
18:15-18:45		Daily plan review
18:45-18:55		Prep for work
18:55-19:10		Daily planning conference ( <i>S-band</i> )
19:10-19:30		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:** See OSTP for references to US procedures

End of radiogram