

R/g # 7114u Form 24 for 12/22/03
Voice comm. check. MCC-M КПС-Ц test.

GMT	Crew	Activity
06:00-06:10	.	Morning inspection
06:10-06:20	FE-1	MO-8. Setup for body mass measurement (ИМТ) mode
	CDR	Measuring calf volume
06:20-06:30	FE-1	
06:20-06:35	CDR	Body mass measurement
06:35-06:50	FE-1	
06:35-07:05	CDR	Post-sleep
06:50-07:00	FE-1	MO-8. Closeout ops
07:00-07:30	FE-1	Post-sleep
07:05-07:55	CDR	BREAKFAST
07:30-08:15	FE-1	
08:15-08:45	CDR	Work prep
08:15-08:30	FE-1	
08:30-08:45	FE-1	Uragan. Earth observation and imagery
08:45-09:00	.	Daily planning conference
09:00-09:50	.	SM - FGB - LAB VOICE COMM TEST via Channel 1 and Channel 2 using Primary and Backup Sets of Intermodule Comm
09:50-09:55	CDR	ISS-8 (Soyuz 7) payload status check
09:55-10:05		MSG activation
09:57-10:07	FE-1	Greeting Message To Medical Care Of Catastrophes Service (VHF)
10:05-11:25	CDR	PFMI troubleshooting
10:20-11:50	FE-1	Search for CB TK ЗУП-86-II unit
11:25-11:30	CDR	MSG power down
11:30-13:00	CDR	Physical exercise (RED)
11:50-11:55	FE-1	On MCC go SM pressurization from Progress 248 CPПK, (start)
11:55-12:55		Physical exercise (VELO+Load Trainer cycle 1 / day 3)
12:55-13:00		On MCC go SM pressurization from Progress 248 CPПK, (end)
13:00-14:00	.	LUNCH
14:00-16:20	.	IMS Audit and preparation of Personal Hygiene Items (CFO and СПИДН) for disposal on ТК #248. Tag up with the specialist. (S-band)
16:20-16:30	.	ISS Crew conference with Sean OKeefe (<i>S-band</i>)
16:35-16:55	FE-1	Delta file prep
16:35-17:35	CDR	Physical exercise (TVIS)
16:55-17:25	FE-1	COЖ maintenance
17:25-18:50		Physical exercise (TVIS-3)
17:35-18:20	CDR	Pressure data measurements on USOS
18:20-18:35		Temperature probe installation in USOS
18:35-18:50		Work prep
18:50-19:05	.	Daily planning conference (<i>S-band</i>)

19:05-19:25	CDR	Work prep
19:05-19:30	FE-1	Work prep
19:25-19:30	CDR	Temperature probe readings in USOS
19:30-20:00	.	DINNER (Renal-pill ingestion)
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task list	FE-1	Equipment search

See OSTP for references to all US procedures

End of radiogram