

Radiogram No 554____Form 24 for 02.07

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		Breakfast
07:30–08:00	CDR, FE-1	Work prep
07:30–07:45	PLT	Finish regeneration of IO1 absorption cartridge (A II) / <i>N IAN N I item 7.3, pg. 7-4, 7-5, steps 3, 4</i>
07:45–08:00	PLT	Begin regeneration of IO2 absorption cartridge (A II) / <i>N IAN N I item 7.3, pg. 7-4, step 2</i>
08:05–08:15		Daily planning conference (morning)
08:15–11:00	PLT, CDR	Load Progress using IMS / <i>r/g</i>
08:15–09:35	FE-1	
09:35–11:00	FE-1	Physical exercise (TVIS-3)
11:00–12:00	FE-1	Load Progress using IMS / <i>r/g</i>
11:00–12:00	PLT	Physical exercise (IRED-3)
11:00–12:00	CDR	Physical exercise (TVIS)
12:00–13:00		LUNCH
13:00–14:00		Load Progress using IMS / <i>r/g</i>
14:00–14:10	FE-1	Private medical conference
14:10–15:10	PLT, FE-1	Activate Progress-2 / <i>DE items 5.1, 5.2, pg. 5-1</i>
15:10–15:50	FE-1, PLT	Close hatches between Progress and FGB / <i>DE item 5.4, pg. 5-2, 5-3, steps 1, 2 + r/g</i>
15:50–16:40	FE-1, PLT	Leak check: Progress/FGB interface / <i>DE pg. 5-3, item 5.4, step 3</i>
15:40–17:10	CDR	Physical exercise (IRED)
16:40–18:10	PLT	Physical exercise (TVIS-3)
16:40–16:50	FE-1	Inspect AD IE-1 separator
16:50–17:10	FE-1	Prep delta file for downlink
17:10–18:10	FE-1	Physical exercise (IRED-3)
18:10–18:40	CDR, PLT	Report prep
18:10–18:35	FE-1	
18:35–18:40	FE-1	Prep Regul for packet transmission
18:40–18:50		Daily planning conference (evening)
19:00–19:30		Review plan for the next day
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram