

Radiogram No. 5040u

Form 24 for 01/19/03 (**preliminary**)**CREW OFF-DUTY DAY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE-1	Elektron-VM: Air bubble monitoring in gas-liquid mixture (ГЖС)
07:35-07:40		CBO data calldown (<i>S-band</i>)
07:40-07:45		СП counter data calldown (<i>S-band</i>)
07:45-07:50		БРПК separator inspection
07:50-07:55		PLANTS-2. Equipment monitoring
08:00-08:20		Prep for Vozdukh vacuum pump checkout
08:20-08:30		Vozdukh vacuum pump TM-cnctrs demate
08:30-09:42		Vozdukh vacuum pump checkout
09:42-09:53		Vozdukh vacuum pump TM-cnctrs mate
09:53-10:30		Vozdukh vacuum pump checkout close-out ops
10:00-10:05	FE-2	CO2 level reading using carbon dioxide monitor
10:05-10:10		IMS auto import/export
10:30-11:30		Physical exercise (TVIS)
11:00-11:15	FE-1	Micropurification unit (БМП): F2 absorbent bed regeneration (term)
11:30-12:30	CDR	Physical exercise (TVIS)
11:30-12:30	FE-1	Physical exercise (VELO + Load Trainer 1) Active Rest
11:30-13:00	FE-2	Physical exercise (RED)
12:35-12:50	FE-1	TV Ground-Space-Ground Private family conference (<i>Ku + S-band</i>)
13:10-14:10	.	LUNCH
14:10-14:25	CDR	Private psychological conference (<i>S-band</i>)
14:25-14:40	FE-2	
15:00-15:15	FE-2	Private family conference (<i>S-band</i>)
15:30-17:00	FE-1	Physical exercise (TVIS, Active Rest)
16:15-16:30	CDR	Private family conference (<i>S-band</i>)
16:35-17:45		Physical exercise (RED)
17:30-18:10	FE-1	COЖ maintenance
18:10-18:40		Daily plan review
18:40-19:10		Work prep
19:10-19:25		Daily planning conference (<i>S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

See OSTP for references to US activities.

End of radiogram