

Radiogram No. 1563

Form 24 for July 23, 2001 (preliminary)

GMT	Crew	Activity / <i>ODF or R/G</i>
01:30–01:40		Morning inspection
01:40–02:10		Personal hygiene (post-sleep)
02:10–03:00		BREAKFAST
05:30–06:30	CDR	Physical exercise (TVIS)
06:00–06:10	FE-1	METOX REGEN TERM
06:00–07:30	FE-2	Physical exercise (RED)
06:30–07:30	FE-1	Physical exercise (TVIS)
09:00–10:00		LUNCH
10:00–10:25	FE-2	LAB payload status monitoring
10:40–11:10	FE-1	Maintenance of ? ? ?
11:30–12:00		Weekly planning conference
12:00–12:20	FE-2	Delta file downlink prep
12:15–13:45	FE-1	Physical exercise (RED)
12:45–13:45	FE-2	Physical exercise (TVIS)
13:45–15:15	CDR	Physical exercise (TVIS+RED)
14:40–14:55	FE-1	Regeneration of ? 1 absorption cartridge in ? ? ? (start) / <i>RODF ? ? ? ? ? ? , item 7.3, page 7-3, step 1</i>
15:15–15:30		Evening DPC
16:00–16:30		DINNER
16:30–17:00		Daily food ration prep
17:00–18:00		Personal hygiene (pre-sleep)
18:00–02:30		SLEEP

End of radiogram