

Radiogram 6284u

Form 24 for 08.11.03

ISS Maintenance

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:20	CDR	MO-8: equipment setup
	FE-1	Calf volume measurement
06:20–06:30	CDR	
06:20–06:35	FE-1	Body mass measurement
06:35–06:50	CDR	
06:35–07:00	FE-1	Post-sleep
06:50–07:00	CDR	MO-8: closeout ops
07:00–07:20		Post-sleep
07:00–07:50	FE-1	BREAKFAST
07:20–08:00	CDR	
07:50–08:20	FE-1	Prep for work
08:00–08:20	CDR	
08:20–08:35		Daily planning conference (<i>S-band</i>)
08:35–12:35	FE-1	Maintenance of TVIS bearings
08:35–09:20	CDR	
09:20–10:20	CDR	Physical exercise (RED-4)
10:20–11:00	CDR	RELAKSATSIYA: payload setup & config
11:00–11:15	CDR	RELAKSATSIYA: Moon calibration
11:15–11:35	CDR	RELAKSATSIYA: payload teardown
11:35–12:15	CDR	Maintenance of COX
12:20–12:35	CDR	Maintenance of TVIS bearings
12:35–13:35		LUNCH
13:35–13:45	FE-1	Increment 7 daily payload status
13:35–14:05	CDR	On MCC GO: Refill of CPB-K2M potable water container (КПВ)
13:45–13:50	FE-1	Microgravity Science Glovebox (MSG): activation
13:50–14:20	FE-1	PFMI familiarization (30 minutes)
14:05–14:45	CDR	CPBK-2M Water Conditioning Unit (БKB): condensate tank R&R
14:20–14:30	FE-1	PFMI: still camera setup
14:30–16:30	FE-1	PFMI: experiment prep
14:45–14:55	CDR	On MCC GO: pressurization of ISS with O2 from Progress
15:20–15:55	CDR	IMS file prep
15:55–16:15	CDR	Air sampling in SM & FGB using AK-1M sampler
16:15–16:30	CDR	Air sampling for Freon content in SM using AK-1M sampler
16:30–16:35	FE-1	PFMI: HISD photos
16:30–16:45	CDR	Air sampling for CO content in SM using ИПД sampler
16:35–16:40	FE-1	Microgravity Science Glovebox (MSG): powerdown
16:45–18:15	CDR	Physical exercise (VELO + Load Trainer-1 / day 4)
17:00–18:15	FE-1	Physical exercise (RED)

18:15–18:45	FE-1	Daily plan review
18:15–18:35	CDR	
18:35–18:45	CDR	HEMATOCRIT: preparatory steps
18:45–19:15		Prep for work
19:15–19:30		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

NOTE: See OSTP for references to US activities.

End of radiogram