

GMT	Crew	ACTIVITY
08:30-08:40	ISS5,VCCDR	Morning Inspection
08:30-08:45	VCFE2,VCFE1	SLEEP. Completion of Questionnaire
08:40-09:10	ISS5	Post-Sleep
08:40-08:50	VCCDR	VIRUS. Saliva Sampling
08:45-09:10	VCFE2	Post-Sleep
08:45-08:55	VCFE1	VIRUS. Saliva Sampling
08:50-09:10	VCCDR	Post-Sleep
08:55-09:10	VCFE1	
09:10-09:40	VCFE2	Breakfast
09:10-10:00	ISS5,VCFE1,VCCDR	
09:40-10:10	VCFE2	URAGAN. Observation and Imagery
10:00-10:10	VCFE1	MESSAGE. Incubation of Biological Strain
10:00-10:30	ISS5,VCCDR	Work Prep
10:10-10:30	VCFE2	
10:10-10:20	VCFE1	CARDIOCOG. Arterial Pressure Measurement
10:20-11:10		CARDIOCOG. Experiment Prep
10:30-10:45	ISS5, VCCDR,VCFE2	Daily Planning Conference ( <i>S-band</i> )
10:45-12:45	VCFE2,FE-2	Tear Down of ЛКТ (TA251МБ) and ROM from Soyuz 208 Orbital Compartment
10:45-10:50	VCCDR	AQUARIUS-B. Temperature Measurement
10:45-10:55	FE-1	Daily Payload Status Check
10:45-11:25	CDR	COЖ Maintenance
10:55-11:00	VCCDR	CARDIOCOG. Experiment Prep
10:55-11:10	FE-1	EVA Tool Prep
11:00-11:15	VCCDR	SLEEP. Completion of Questionnaire
11:10-12:40	VCFE1	CARDIOCOG. Experiment Run
11:25-11:30	CDR	PLANTS-2. Equipment Check
11:30-13:00	FE-1	Periodic Fitness Evaluation – NOMINAL OPERATIONS
11:50-11:55	VCCDR	CARDIOCOG. Experiment Run
12:00-12:30	CDR	Periodic Fitness Evaluation – NOMINAL OPERATIONS
12:30-12:50		24-hour ECG (Completion)
12:40-13:20	VCFE1	CARDIOCOG. Final Operations
12:50-13:10	VCFE2	DIATOMEIA. Ocean Observations
12:50-13:50	CDR	PHYSICAL EXERCISE - TVIS – 3
13:10-13:20	VCFE2	CARDIOCOG. Arterial Pressure Measurement
13:15-13:45	FE-2	Interaction – data collection
13:15-14:45	FE-1	PHYSICAL EXERCISE - RED
13:20-14:00	VCFE2	CARDIOCOG. Experiment Prep
13:45-14:45	FE-2	PHYSICAL EXERCISE - TVIS - 3
13:50-13:55	VCFE1	CARDIOCOG. Experiment Prep

14:00-15:30	VCFE2	CARDIOCOG. Experiment Run
14:05-14:55	VCCDR	AQUARIUS-B. Equipment Tear Down
14:15-14:45	CDR	Interaction – data collection
14:25-14:35	VCFE1	PROMISS – Film Replacement
14:40-14:45		CARDIOCOG. Experiment Run
14:45-15:45	ISS5,VCFE1	Lunch
14:55-15:55	VCCDR	
15:30-16:10	VCFE2	CARDIOCOG. Final Operations
15:45-16:45	ISS5	Crew Departure Prep
15:45-16:15	VCFE1	Imagery
16:00-16:10	VCCDR	CARDIOCOG. Arterial Pressure Measurement
16:10-16:50		CARDIOCOG. Experiment Prep
16:10-17:10	VCFE2	Lunch
16:40-16:45	VCFE1	CARDIOCOG. Experiment Prep
16:45-17:15	CDR	Transfer of October 28,29, and 30, 2002 Log Files from SM Laptop1.
	FE-1	Interaction – Data Collection and Back up
16:50-18:20	VCCDR	CARDIOCOG. Experiment Run
17:00-17:30	VCFE1	E-mail Ops
17:10-17:35	VCFE2	Imagery
17:15-18:45	CDR	PHYSICAL EXERCISE - (TVIS+A.O.) - 3
17:15-18:00	FE-1	Crewlock Housekeeping
17:30-17:35	VCFE1	CARDIOCOG. Experiment Run
17:35-18:25	VCFE1,VCFE2	Belgian Commemorative Activities (as needed)
18:00-18:30	FE-2	Delta File Downlink Prep
18:00-19:20	FE-1	Hardware Prep for Return on 11A
18:20-19:00	VCCDR	CARDIOCOG. Final Operations
18:25-18:40	VCFE1,VCFE2	PAO Prep ( <b>To=18.25, T1, T2, T3 from CПП Automated Timeline</b> )
18:30-20:00	FE-2	PHYSICAL EXERCISE - (TVIS+A.O) - 3
18:40-18:50	VCFE1,VCFE2	PAO with Belgian TV Media ( <i>VHF1</i> )
19:00-20:00		EDUCATION. Educational Demo of Zero-G Effects
19:00-19:10	VCCDR	AQUARIUS-B. Equipment Stowage
19:20-19:50	FE-1,CDR	Robotics – Mobile Servicing System Skills Training
19:50-20:00	FE-1	Completion of EMU Battery Charge
20:00-20:15	VCFE2,VCFE1	PAO Prep ( <b>To=20.01, T1, T2, T3 from CПП Automated Timeline</b> )
20:00-20:10	FE-1	PAO Equipment Setup
20:10-20:20	ISS5	PAO Prep
20:15-20:25	VCFE1,VCFE2	PAO with Belgian TV Stations
20:20-20:40	ISS5	PAO with CNN ( <i>Ku-band+S-band</i> )
20:30-20:45	VCFE1	Private Conference Using IP-Phone ( <i>Ku-band</i> )
20:30-21:00	VCFE2	DIATOMEIA. Ocean Observations
20:45-21:15	VCFE1,VCCDR	Report Prep
	ISS5	Review of Next Day's Plan

21:00-21:15	VCFE2	Report Prep
21:15-21:30		Daily Planning Conference ( <i>S-band</i> )
21:30-22:00	VCFE1,VCCDR	Review of Next Day's Plan
	ISS5	Work Prep
21:35-21:50	VCFE2	Belgian PAO Prep ( <b>To=21.35, T1, T2, T3 from CПП Automated Timeline</b> )
21:50-22:05		Belgian PAO
22:00-22:30	ISS5, VCFE1,VCCDR	Supper
22:05-22:30	VCFE2	
22:30-23:00	ISS5, VCFE1,VCCDR	Daily Food Prep
	VCFE2	Review of Next Day's Plan
23:00-00:00	VCCDR,VCFE1,ISS5	Pre-Sleep
23:00-23:50	VCFE2	
23:50-00:00	VCFE2	Camcorder Battery Charging for VC (for DVCAM or DSR PD-150P).
00:00-08:30		Sleep

**Note:** Cf. OSTP for any missing references to US activities  
End of Radiogram