

Radiogram No. 4281u

Form 24 for 09/25/02

**Medical Ops • Launch of Progress M1-9 (No. 258)**

GMT	CREW	ACTIVITY
07:00-07:10	CDR	Calf volume measurement
07:00-07:15	FE-1	Post-sleep
07:00-07:10	FE-2	MO-8: setup
07:10-07:30		Post-sleep
07:10-07:25	CDR	Body mass measurement
07:15-07:25	FE-1	Calf volume measurement
07:25-08:00	CDR	Post-sleep
07:25-07:40	FE-1	Body mass measurement
07:30-07:40	FE-2	Calf volume measurement
07:40-07:55		Body mass measurement
07:40-08:00	FE-1	Post-sleep
07:55-08:05	FE-2	MO-8: closeout ops
08:00-08:55	CDR, FE-1	BREAKFAST
08:05-08:55	FE-2	
08:55-09:10	.	Daily planning conference ( <i>S-band</i> )
09:10-09:40		Work prep
09:40-10:10	CDR, FE-1	Begin packing and transferring 9A items
09:40-10:00	FE-2	MOLNIYA SM. Install equipment on Window No. 2
10:15-10:25	FE-1	Set up for PAO event
10:25-10:35	.	Prep for PAO event
10:35-10:50		Educational program for NASDA ( <i>S-band</i> )
10:50-11:00	FE-1	Payload status check
11:05-11:40	CDR, FE-2	Study of bioelectrical activity of heart at rest. Tagup with MO-1 specialist ( <b>CDR: T<sub>0</sub>=11:20, FE-2: T<sub>0</sub>=11:25</b> )
11:40-13:10	CDR	Physical exercise (TVIS + Active Rest / day 1)
11:40-12:40	FE-1	Review of 9A robotics procedures
11:40-12:10	FE-2	INTERACTIONS: data entry
12:40-13:10	FE-1, FE-2 (assist)	Study of bioelectrical activity of heart at rest. Tagup with MO-1 specialist (FE-1: T <sub>0</sub> =12:55)
13:10-13:50	CDR	COЖ maintenance
13:10-14:40	FE-2	Physical exercise (TVIS + Active Rest) day 1
13:25-13:55	FE-1	9A Robo Procedures Tagup ( <i>S-band</i> )
13:55-14:55	CDR, FE-1	LUNCH
14:40-15:40	FE-2	
14:55-15:45	CDR, FE-1	SSRMS DOUG review
15:45-17:45	FE-1, FE-2	TVIS inspection
15:50-16:15	CDR	PLASMA CRYSTAL-3: video downlink
16:15-16:45		INTERACTIONS – data collection
17:00-17:05		Check of manual circuit breakers on БВΠСО and fuses in panels БΠΠ-30 & БΠΠ-36
17:45-18:45	FE-2	Physical exercise (VELO + Load Trainer 1)- day 1

	CDR	Physical exercise (TVIS) day 1
	FE-1	Physical exercise (CEVIS)
18:45-20:15		Physical exercise (RED)
18:45-19:15	FE-2	IMS file prep
19:15-19:45	CDR, FE-2	Daily plan review
19:45-20:15		Work prep
20:15-20:30	.	Daily planning conference ( <i>S-band</i> )
20:30-21:00		DINNER
21:00-21:30		Daily food prep
21:30-22:20	FE-2	Pre-sleep
21:30-22:30	CDR, FE-1	
22:20-22:30	FE-2	MOLNIYA-SM. Equipment tear-down
22:30-07:00	.	SLEEP

**Note:** See OSTP for references to US activities.

End of radiogram