

Radiogram No. 2231u

Form 24 for 11.01.2001

**Connection of FGB Prop Tanks To SM ??? / Post-EVA3 Equipment Stowage**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:10	CDR, PLT	BREAKFAST (light breakfast before ? ? -6)
06:40–07:30	FE-1	BREAKFAST
07:10–08:10	CDR, PLT	Work prep
07:30–08:10	FE-1	
08:10–08:20		Daily planning conference
08:20–09:00	FE-1	Maintenance of ? ? ?
08:20–08:50	PLT, CDR	Hand cycle ergometry / <i>MO Vol. 2, item 3.6, pages 3-33 to 3-36</i>
08:50–09:20		BREAKFAST
09:20–12:00	PLT	Maintenance of FGB ventilation system
09:20–11:30	CDR, FE-1	Post-EVA3 equipment stowage / <i>r/g 2257</i>
11:30–11:45	CDR	Inspection of CMS-RED
11:30–13:00	FE-1	Physical exercise (active rest)
12:00–13:00	PLT	
12:00–12:20	CDR	Acoustic dosimeter ops
12:20–12:50	CDR	Inspection of Airlock filters
12:50–13:05	CDR	Collection of water samples (stage 4)
13:05–14:00		LUNCH
14:00–14:25	CDR	LAB payload daily status check
14:00–15:15	FE-1, PLT	Maintenance of SM ventilation system
14:25–15:15	CDR	INTERACTIONS: data collection
15:15–16:15	FE-1, PLT	Test of LIV videocomplex / <i>r/g 2256</i>
15:15–16:15	CDR	Physical exercise (RED)
16:15–17:45	PLT	Physical exercise (active rest)
16:15–17:45	CDR	Physical exercise (CEVIS)
16:15–16:45	FE-1	Delta file downlink prep
16:45–17:45		Physical exercise (active rest)
17:45–18:15		Review of plan for upcoming day
18:15–18:25		Report prep
18:25–18:40		Daily planning conference
18:40–19:00		Report prep
19:00–19:15	CDR	DINNER
19:00–19:35	PLT, FE-1	
19:14–19:29	CDR	Ham radio session
19:30–20:00		Daily food ration prep
20:00–21:00		Personal hygiene (pre-sleep)
21:00–06:00		SLEEP

NOTE: see OSTP for references to US activities