

Radiogram No. 1570

Form 24 for 07.24.01

GMT	Crew	Activity / <i>ODF or R/G</i>
02:30–02:40		Morning inspection
02:40–03:05		Personal hygiene (post-sleep)
03:05–03:15	FE-1	MO-8: preparatory steps / <i>MO Vol. 2, item 3.8.1, pages 3-42 to 3-44</i>
03:05–03:20	FE-2	Biochemical urinalysis / <i>MO Vol. 2, item 3.9, pages 3-53 to 3-60</i>
03:00–03:10	CDR	Calf volume measurement / <i>MO Vol. 2, item 3.7, page 3-37</i>
03:10–03:20	CDR	Regul: disabling standby modes 1 and 2 / <i>r/g 1579</i>
03:15–03:30	FE-1	Body mass measurement / <i>MO Vol. 2, item 3.8.2, pages 3-45 to 3-47</i>
03:20–03:35	CDR	Biochemical urinalysis / <i>MO Vol. 2, item 3.9, pages 3-53 to 3-60</i>
03:20–03:30	FE-2	Calf volume measurement. / <i>MO Vol. 2, item 3.7, page 3-37</i>
03:30–03:45	FE-2	Body mass measurement / <i>MO Vol. 2, item 3.8.1, page 3-43, step 7, ?3.8.2, pages 3-45 to 3-47,</i>
03:35–03:50	FE-1	Biochemical urinalysis / <i>MO Vol. 2, item 3.9, page 3-53 to 3-60</i>
03:45–04:00	CDR	Body mass measurement / <i>MO Vol. 2, item 3.8.1, page 3-43, step 7, ?3.8.2, pages 3-45 to 3-47</i>
03:50–04:00	FE-1	Calf volume measurement. / <i>MO Vol. 2, item 3.7, page 3-37, page 3-48</i>
04:00–04:50	CDR, FE-2	BREAKFAST
04:00–04:10	FE-1	MO-8: concluding steps / <i>MO Vol. 2, item 3.8.3, page 3-48</i>
04:10–05:00	FE-1	BREAKFAST
05:35–06:15	FE-1	Maintenance of ???
06:15–06:30	FE-1	LAB payload status monitoring
06:40–08:10	FE-2	Physical exercise (RED)
09:00–10:00	FE-1	Physical exercise (TVIS)
09:40–10:00	CDR	Closing ??? valve in Vozdukh for service / <i>???? ??, item 6.10, page 6-7</i>
10:00–10:15	FE-2	PRIVATE MEDICAL CONFERENCE
10:00–11:00	CDR	Physical exercise (TVIS)
10:35–10:50	FE-1	PRIVATE MEDICAL CONFERENCE
11:00–12:00		LUNCH
12:25–12:40	FE-1	ARIS Rack 2: guide removal
12:40–12:50	CDR	Inspection of ???-1 separator
14:20–14:35	FE-1	Regeneration of ? 1 absorption cartridge in ??? (end) / <i>???? ??, item 7.3, page 7-4, 7-5, steps 2, 3</i>
14:35–16:05	FE-1	Physical exercise (RED)
14:55–15:25	FE-2	TEPC data calldown
15:15–15:30	CDR	PRIVATE MEDICAL CONFERENCE
15:30–17:00	CDR	Physical exercise (RED-2)
15:55–16:55	FE-2	Physical exercise (TVIS)
16:10–16:25	FE-1	Test comm configuration for US congress PAO
16:50–17:05	FE-1	Regeneration of ? 2 absorption cartridge in ??? (start) / <i>???? ??, item 7.3, page 7-3, step 1</i>
16:55–17:15	FE-2	Delta file downlink prep
17:00–17:15	CDR	Report prep

17:15–17:45		Review plan for the next day
17:45–18:00		Evening DPC
18:00–18:30		DINNER
18:30–19:00		Daily food ration prep
19:00–20:00		Personal hygiene (pre-sleep)
20:00–04:30	FE-1, FE-2	SLEEP
20:00–21:15	CDR	Rest
21:15–21:25	CDR	Regul: enabling standby modes 1 and 2 / <a href="#">r/g 1579</a>
21:25–04:30	CDR	SLEEP

End of radiogram