

Radiogram No. 5227u

Form 24 for 02.18.03

POTOK-150MK Repairs • MO-1 Medical Studies

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Prep for work
08:00–08:15		Daily planning conference (<i>S-band</i>)
08:15–08:20	FE-2	ACS CDMK CO2 read
08:15–08:55	FE-1	Disinfection and flushing of CBO-3B hose
08:20–09:50	FE-2	LAB1P5 RPCM repairs
09:05–09:35	CDR (assist), FE-1	Study of bioelectrical activity of heart at rest T₀=09:18
09:35–10:35	FE-1	Physical exercise (VELO + Load Trainer-1 / day 1)
	CDR	Physical exercise (CEVIS)
09:55–10:40	FE-2	Monthly maintenance of TVIS
10:35–12:05	CDR	Physical exercise (RED)
	FE-1	POTOK-150MK repairs. Tagup w/ ground specialist (S-band)
10:40–11:40	FE-2	Physical exercise (TVIS)
11:40–11:45		Weekly maintenance of TVIS
12:15–12:40		ISS-MCC TV link (T ₀ =12:14) Interview w/ the Russian HTB TV program <i>Morning Channel</i> (Subject: ISS assembly plans)
12:45–13:45		LUNCH
13:45–13:55	CDR	EVARM badge reader activation
13:45–16:15	FE-1	POTOK-150MK repairs. Tagup w/ ground specialist (S-band)
13:45–14:25	FE-2	Maintenance of COЖ
14:10–14:25	CDR	EVARM data read and badge reader deactivation
14:25–14:45		EVARM data transfer and equipment stowage
14:45–15:00		Private medical conference (<i>S-band</i>)
15:05–15:20	FE-2	
15:45–16:45	CDR	FOOT equipment setup
16:00–16:40	FE-2	IMS file prep
16:15–16:30	FE-1	Private medical conference (<i>S-band</i>)
16:30–18:00		Physical exercise (TVIS-1)
16:40–18:10	FE-2	Physical exercise (RED)
16:45–17:15	CDR	FOOT EMG calibration prep
17:15–18:15		PCS HDD s/w load
18:00–18:15	FE-1	UROLUX setup
18:10–18:15	FE-2	ACS CDMK CO2 read
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work

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 procedures

End of radiogram