

**Medical Examinations**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:20	CDR	Calf Measurement
	FE-1	MO-8. Equipment Setup
06:10-06:30	FE-2	Post-Sleep
06:20-06:30	FE-1	Calf Measurement
06:20-06:35	CDR	Body Mass Measurement
06:30-06:40	FE-2	Calf Measurement
06:30-06:35	FE-1	Post-Sleep
06:35-06:50		Body Mass Measurement
06:35-06:55	CDR	Acoustic Dosimeter Prep
06:40-06:50	FE-2	Post-Sleep
06:50-07:10	FE-1	
06:50-07:05	FE-2	Body Mass Measurement
06:55-07:20	CDR	Post-Sleep
07:05-07:20	FE-2	
07:10-07:20	FE-1	MO-8. Closeout Operations
07:20-07:30		Acoustic Dosimeter Installation
07:30-08:25		Breakfast
08:25-08:55	CDR,FE-2	Work Prep
08:25-08:50	FE-1	
08:50-08:55		PLANTS-2. Equipment Monitoring
08:55-09:10		Daily Planning Conference ( <i>S-band</i> )
09:10-09:25	FE-1	БМП Φ2 Cartridge Regeneration (Completion Operations)
09:10-09:20	CDR	LAB P/L Status Check and Monitoring
	FE-2	Audiography Using MEC and EARQ Software
09:20-09:40		
09:40-10:00	FE-1	
09:40-09:50	FE-2	EVARM – Reader Activation
10:00-10:50	FE-1	PULSE. Experiment Operations
10:00-10:20	CDR	Audiography Using EARQ Software
10:05-10:20	FE-2	EVARM – Radiation Background Reading
10:20-10:50		EVARM – Data Transfer and Stowage
10:20-10:25	CDR	Audiography H/W and EARQ H/W Stowage
10:25-11:55		PHYSICAL EXERCISE RED
10:50-12:20	FE-2	CCAA Air Circulation System Interface Electronics Box PBP
10:50-12:20	FE-1	PHYSICAL EXERCISE TVIS-2
12:10-12:20	CDR	TV Equipment Setup for Downlink
12:20-12:30		TV Downlink Prep
12:30-12:50		<b>TV PAO Event.</b> New Year Press Conference with Russian Media ( <i>S+Ku-band</i> )
12:50-13:50		Lunch

13:50-14:10	CDR	N1-2 Smoke Detector Troubleshooting
14:10-14:20		TV Downlink Prep
14:20-14:40		<b>TV PAO Event (Back-Up).</b> New Year Press Conference with Russian Media ( <i>S+Ku-band</i> )
14:40-14:50	CDR	Troubleshooting of Coolant Transfer Between ITCS Accumulators
15:00-16:00		Food Warmer Inspection
15:25-16:25	FE-2	PHYSICAL EXERCISE TVIS
15:45-16:25	FE-1	Delta File Downlink Prep
16:00-16:30	CDR	1D2 Reconfig in Airlock
16:25-17:05	FE-1	COX Maintenance
16:25-17:55	FE-2	PHYSICAL EXERCISE RED
16:55-17:55	CDR	PHYSICAL EXERCISE TVIS
17:05-18:05	FE-1	PHYSICAL EXERCISE (VELO+HC-1)-2
17:55-18:05	CDR	Troubleshooting of Coolant Transfer Between ITCS Accumulators
18:05-18:35		Review of Next Day's Plan
18:35-19:05		Report Prep
19:05-19:20		Daily Planning Conference ( <i>S-band</i> )
19:20-19:50		Dinner
19:50-20:20		Daily Food Prep
20:20-21:20		Pre-Sleep
21:20-21:30		Acoustic Dosimeter Data Recording
21:30-06:00		Sleep

**Note:** Cf. OSTP for missing references to US tasks.  
END OF RADIOGRAM