

Radiogram 8374u

Form 24 for 07/09/04

Periodic Health Status

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:10	CDR (assist) FE-1	PCBA ops
07:10-07:30	CDR FE-1 (assist)	
07:30-08:20		BREAKFAST
08:20-08:50	CDR	Prep for work
08:20-08:45		
08:45-08:50	FE-1	Cable relocation from EXPRESS rack 3 to Laptop on EXPRESS rack 2
08:50-09:05		DPC (<i>S-band</i>)
09:05-09:35	FE-1	Defibrillator battery 1 charge (start)
09:05-09:35	CDR	CMO proficiency training
09:35-10:05	FE-1 CDR (assist)	Periodic Health Status
10:05-10:35	FE-1 (assist) CDR	
10:35-11:35	CDR	Physical Exercise (TVIS) day 3
10:35-11:00	FE-1	PHS data recording
11:00-11:15		PHS equipment stowage
11:15-11:30		All PCS reboot (once a week)
11:30-11:35		SSC OCA router reboot
11:35-12:05		Inspection of Airlock emergency lights power supply
11:35-12:05	CDR	Physical Exercise (RED)
12:05-12:20	FE-1	FMVM: tag up with P/L developers
12:20-13:20		LUNCH
13:20-13:25	CDR	IMS tagup in reference to CCGO and CПНДН (<i>S-band</i>)
13:20-13:30	FE-1	Defibrillator battery 1 charge (end) and battery 2 discharge (start)
13:30-14:00		ISS fire drill. Tagup with specialists (<i>S-band</i>)
14:00-14:40	CDR	Test ops of Vozdukh ABK valves (from spares)
14:00-14:05	FE-1	P/L status check (Increment 9)
14:05-14:50		FMVM: work area set up
14:40-15:10	CDR	Inspection of A/L smoke detectors
14:50-16:20	FE-1	Physical Exercise (RED)
15:10-15:45	CDR	Inspection of Lab smoke detectors
15:45-16:15		Inspection of Node-1 smoke detectors
16:15-16:45		EDV (KOB) fillup from water tank 1 for Elektron
16:20-17:20	FE-1	Physical Exercise (TVIS)
16:45-17:15	CDR	COЖ maintenance
17:15-17:30		ADV USND (Ultrasound): analysis
17:22-17:37	FE-1	PFC (<i>Ku + S-band</i>)
17:35-18:35	CDR	Physical Exercise (VELO + Force Loader/cycle 1) day 3

17:45-17:50	FE-1	Defibrillator battery 2 charge (end)
17:50-18:20		CMO proficiency training
18:35-18:55	CDR	IMS file prep
18:35-18:40	FE-1	EXPRESS rack 2: Laptop activation
18:40-18:55		Measurement of defibrillator battery voltage
18:55-19:10		DPC (<i>S-band</i>)
19:10-19:30		FD / ISS crew conference (<i>S-band</i>)
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 activities
End of radiogram