

Radiogram No. 5052u Form 24 for 01/20/03

**Medical examinations (CARDIO-LBNP)**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00	FE-1	Work prep
07:30-08:05	CDR, FE-2	
08:00-08:05	FE-1	PLANTS-2. Equipment monitoring
08:05-08:20		Daily planning conference ( <i>S-band</i> )
08:20-09:50	FE-1	PLASMA CRYSTAL-3. Setup. Tagup w/ specialists. ( <i>S-band</i> )
08:20-10:25	FE-2	Potable water sampling for on-orbit chem./microbiology analysis (water sampling from CPB-K2M potable water container (КПБ))
08:25-08:50	CDR	EXPRESS Rack 1: Rack laptop s/w load
08:50-09:10		EXPRESS Rack 1: Rack Interface Controller s/w loading (init)
09:10-09:20		Payload status check
09:20-09:30		CDM sensor battery install
09:30-10:30		Physical exercise (TVIS)
09:50-10:10	FE-1	PLASMA CRYSTAL-3. Pre-evacuation leak check. Tagup w/ specialists ( <i>S-band</i> )
10:10-10:50		PLASMA CRYSTAL-3. Evacuation of lines. Tagup w/ specialists ( <i>S-band</i> )
10:30-10:40	CDR	CDM sensor battery stow
10:40-11:10		Airlock: smoke sensors inspection
10:50-12:20	FE-1	Physical exercise (TVIS) day 1
10:55-12:20	FE-2	Lab: smoke sensors inspection
11:10-12:25	CDR	Node-1: smoke sensors inspection
12:25-13:25		LUNCH
13:25-14:20	FE-2	WMK – in-flight water treatment
13:25-13:35	FE-1	<b>On MCC Go</b> Atmosphere pressurization with oxygen
13:25-13:35	CDR	EXPRESS Rack 1: Rack Interface Controller s/w loading (term)
13:40-14:20		COЖ maintenance
13:45-14:00	FE-1	БИТС-2-12: Tagup w/ specialists on TA 985M (databank) changeout ( <i>S-band</i> )
14:00-15:00		CARDIO-LBNP: <b>To=14:48:00</b> Prep for session 1. Tagup w/ specialists. ( <i>VHF</i> )
14:20-15:00	FE-2 assist	
14:20-15:20	CDR	IWIS data manual transfer to hard drive card
15:00-16:05	FE-1	CARDIO-LBNP. Break between sessions
15:00-16:00	FE-2	Physical exercise (CEVIS)
15:25-16:55	CDR	Physical exercise (RED)
16:05-17:10	FE-1	CARDIO-LBNP. <b>To=16:23:00</b> Prep for and performance of session 2, close-out ops. Tagup w/ specialists. ( <i>VHF</i> )
16:05-16:40	FE-2 assist	
16:55-17:15	CDR	ZCG furnace – electronic monitoring system power off
17:10-17:50	FE-1	IMS file prep

17:10-18:40	FE-2	Physical exercise (RED)
17:15-17:45	CDR	ZCG furnace: unloading
17:45-17:50		EXPRESS Rack 2: power down
17:50-18:20	CDR, FE-1	Daily plan review
18:40-19:10		Work prep
19:10-19:25		Daily planning conference ( <i>S-band</i> )
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:25	FE-1	Pre-sleep
20:30-21:30	CDR, FE-2	
21:25-21:30	FE-1	PLASMA CRYSTAL-3. Turbo-pump shutdown
21:30-06:00		SLEEP

**Note:** See OSTP for references to US activities.

End of radiogram