

Radiogram No. 4103

Form 24 for 08/21/02

**MO-6. Crew Rest.**

GMT	Crew	Activity
20:00-20:10		Morning inspection
20:10-20:40		Post-sleep
20:40-21:30		BREAKFAST
21:30-21:45		Daily planning conference ( <i>S-band</i> )
21:45-22:05	FE-2	Work prep
21:45-22:00	CDR, FE -1	
22:00-00:00		TVIS inspection
22:05-01:40	FE-2	ODF inventory audit
00:00-01:10	CDR	
00:10-01:10	FE-1	Physical exercise (CEVIS)
01:10-02:40		Physical exercise (RED)
	CDR	Physical exercise (TVIS – active rest)
01:40-02:40	FE -2	Physical exercise (VELO+Load Trainer-1 – active rest)
02:40-03:40		LUNCH
03:40-05:10	CDR, FE -2	Review of EVA-8 procedures and preliminary timeline. Tagup with ground specialist ( <i>S-band</i> )
04:05-04:45	FE -1	SUBSA – removal of specimen ampoules
04:45-05:00		SUBSA – data transfer to minidisk
05:00-05:10		SUBSA – film removal
05:10-05:50	CDR, FE -2	Hand cycle ergometry ( <b>T<sub>0</sub>=05:23</b> ) Tagup with ground specialist ( <i>VHF</i> )
05:20-05:40	FE -1	CEVIS monthly maintenance
05:40-05:55		NIKON F-5 prep for EVA
05:50-06:25	FE -2	ODF inventory audit
05:50-06:55	CDR	
06:05-06:15	FE -1	Daily payload status check
06:25-06:55		INTERACTION – data entry
06:25-07:55	FE -2	Physical exercise (TVIS – active rest)
06:55-07:55	CDR	Physical exercise (VELO+Load Trainer-1 – active rest)
06:55-07:25	FE -1	IMS file prep
07:25-07:55		COX maintenance
07:55-08:15	FE -2	Test of VOZDUKH emergency vacuum valves
07:55-08:25	CDR	INTERACTION – data entry
07:55-08:15	FE -1	<b>On MCC GO:</b> ISS repress with O2 from Progress CПK system
08:15-08:45	FE -1, FE -2	Daily plan review
08:25-08:45	CDR	
08:45-09:00		Daily planning conference ( <i>S-band</i> )
09:00-09:30		Report prep
09:30-10:00		DINNER
10:00-10:30		Daily food prep
10:30-11:30		Pre-sleep
11:30-20:00		SLEEP

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

End of radiogram