

Radiogram No.1173_____ Form 24 for May 19, 2001 (updated)

Systems Monitoring. Crew Off-time

GMT	CREW	ACTIVITY / <i>ODF or R/G</i>
06:00 - 06:10	.	Morning inspection
06:10 - 06:40	.	Post-sleep
06:40 - 07:30	.	Breakfast
08:00 - 08:15	.	Morning planning conference via S-Band
08:15 - 10:15	.	Weekly station housekeeping / <i>MO, Book1, par. 2.2.1, p. 2-2</i>
10:15 - 10:40	FE-1	Payload checkout in the LAB
10:15 - 11:45	FE-2	Physical exercise with IRED
10:15 - 10:55	CDR	? ? ? maintenance per MCC instructions
10:55 - 11:25	CDR	Review of configuration for Regul-packet link <i>per R/G 1185</i>
11:25 - 11:55	CDR	RED – 2 physical exercise
11:30 - 12:30	FE -1	TVIS physical exercise
11:55 - 12:25	CDR	Cycloergometer – 2 physical exercise
12:30 - 13:30	.	LUNCH
13:00 - 13:15	FE -1	Family conference
13:30 - 14:00	.	Weekly planning conference via S-Band
16:00 - 17:30	CDR	TVIS – 2 physical exercise
17:00 - 18:30	FE -1	IRED physical exercise
17:30 - 18:30	FE -2	CEVIS physical exercise
19:30 - 20:00	.	Dinner
20:00 - 20:30	.	Daily food prep
20:30 - 21:30	.	Pre-sleep
21:30	.	SLEEP

End of radiogram