

Radiogram 310

Form 24 for December 20, 2000.

Kurs equipment test from SM assembly compartment (2 sets)

06:00 - 06:10 Morning inspection  
06:10 - 06:40 Post-sleep + Biochem. urinalysis MO Book. 2, item 3.9, p. 3-53  
06:40 - 07:30 Breakfast  
07:45 - 07:55 Daily morning planning conference  
07:55 - 08:25 Preparation for work  
08:25 - 08:30 CDR FMK OPERATIONS  
OCA\_0416  
08:30 - 08:35 CDR Sampling using GSC  
  
OCA\_0416  
08:45 - 09:00 CDR Finger strength measurement /  
OCA\_0416  
08:55 - 09:35 FE-1, Investigation of cardiac bioelectric activity at rest  
PILOT MO Book 2, item 3.2, pp. 3-7 to 3-12 To= 09.20 (PILOT- help)  
09:00 - 09:15 CDR Tests with hand dynamometer  
  
OCA\_0416  
09:20 - 10:25 CDR Collection and culture of samples using SSK  
  
OCA\_0416  
09:35 - 10:30 FE-1 Entry of Laptop displays for Progress docking per radiogram  
09:35 - 11:05 PILOT Physical exercise (TVIS-3)  
10:30 - 11:10 CDR Investigation of cardiac bioelectric activity at rest  
FE-1 MO Book 2, item 3.2, pp.3-7 to 3-12 To= 10:56 (FE-1-help)  
11:05 - 11:35 PILOT Physical exercise (active rest)  
11:10 - 12:10 CDR Physical exercise (IRED)  
11:10 - 11:40 FE-1 Physical exercise (active rest)  
11:35 - 11:55 PILOT Prepare to downlink delta file  
11:40 - 12:40 FE-1 Checkout of gas analyzer 051 using 000 and 003  
SM 000 ODF item 10.6, pp.10-6 to 10-8 To=11:58 (start of purge)  
12:40 - 14:00 LUNCH  
13:15 - 13:30 PILOT Hurricane (Uragan) (backup). Observations per radiogram  
14:00 - 14:15 FE-1 Private medical conference  
14:10 - 14:25 CDR Installation of equipment for chemical and microbiological water sampling  
  
OCA\_0416  
14:15 - 17:00 FE-1, Preventive maintenance of FGB ventilation equipment, FGB 000 ODF, pp. 5-8 to 5-11,  
PILOT items 5.2.1-5.2.4, FGB IVA IFM item 7.4, p. 7-4  
14:25 - 15:15 CDR Collection of chemical and microbiological flight water samples  
  
OCA\_0416  
15:15 - 16:00 CDR Process water using WMK  
OCA\_0416  
16:00 - 16:15 CDR Storage of chemical and microbiological flight water samples  
  
OCA\_0416  
16:15 - 17:15 CDR Physical exercise (TVIS)  
17:00 - 17:15 PILOT Private medical conference  
17:00 - 18:30 FE-1 Physical exercise (TVIS-3)  
17:15 - 18:30 CDR Acoustic Dosimeter Spot Check  
OCA\_0572  
17:15 - 18:35 PILOT Preventive maintenance of FGB ventilation equipment, FGB 000 ODF, pp. 5-8 to 5-11,  
items 5.2.1-5.2.4, FGB IVA IFM item 7.4, p. 7-4  
18:30 - 19:00 Familiarization with the following day plan  
19:00 - 19:30 Report preparation  
19:30 - 19:55 DINNER  
19:55 - 20:05 Daily evening planning conference  
20:05 - 20:35 Daily food ration prep  
20:35 - 21:30 Pre-sleep  
21:14 CDR Earth observations (backup) "international space scenes p/tv 101 earth observation"  
21:30 - 06:00 Sleep

end of radiogram