

Form 24 for 12.27.00 (time shown in GMT)

GMT	Crew	Activity	ODF	Page/Item
06:00-06:10	PLT	Morning inspection		
06:00-06:10	CDR	Morning inspection		
06:00-06:10	FE-1	Morning inspection		
06:10-06:40	PLT	Post-sleep		
06:10-06:40	FE-1	Post-sleep		
06:10-06:40	CDR	Post-sleep		
06:40-07:30	CDR	Breakfast		
06:40-07:30	FE-1	Breakfast		
06:40-07:30	PLT	Breakfast		
07:30-07:45	PLT	Daily planning conference (morning)		
07:30-07:45	FE-1	Daily planning conference (morning)		
07:30-07:45	CDR	Daily planning conference (morning)		
07:44-09:44	CDR	Unload Progress 11-4 to provide access to Kurs components		
07:44-09:34	PLT	Unload Progress 11-4 to provide access to Kurs components		
07:44-09:44	FE-1	Install components of the satellite navigation system AN 12401	IO 1 AioEA Ni	Item 6.1, page 6-1 R
09:34-09:44	PLT	Check pressure in AEA vessel (connect AEA O1-connectors to AEO2-12)	R/G	
09:44-09:54	CDR	Charge Camcoder batteries	AeA Ni	Page 2-2, item 2.2
09:44-09:54	FE-1	Connect OIE-connectors to AEO2-12	R/G	
09:44-09:54	PLT	Connect OIE-connectors to AEO2-12	R/G	
09:54-10:04	PLT	Check pressure in AEA vessel (connect AEA O1-connectors to AEO2-12)	R/G	
10:04-11:29	PLT	Physical exercise (TVIS)		
10:09-10:49	FE-1	Remove BNC adapter for TV reporting	R/G	
10:20-11:20	CDR	Physical exercise (IRED)		
10:50-11:20	FE-1	Active rest	i i , Book 2	Item 2.1
11:29-12:54	PLT	Lunch		
11:30-12:55	CDR	Lunch		
11:30-12:55	FE-1	Lunch		
12:55-13:10	FE-1	Begin regeneration of absorbent cartridge O1 (A i i)	NiAN Ni	Item 7.3, page 7-3, step 1 (activate regeneration mode)
12:55-13:10	PLT	Private medical conference		
12:55-15:40	CDR	IMS audit		
13:10-16:10	FE-1	Remove Kurs components	D ID OEA	Item 3, pages 3-1 to 3-5
13:10-16:10	PLT	Remove Kurs components	D ID OEA	Item 3, pages 3-1 to 3-5
15:40-16:40	CDR	Physical exercise (TVIS)		
16:40-18:10	FE-1	Physical exercise (TVIS)		
16:40-16:45	CDR	TVIS weekly maintenance	MED OPS : NOMINAL: CMS: TREADMILL WITH VIBRATION ISOLATION AND STABILIZATION (TVIS) - WEEKLY MAINTENANCE	
16:45-17:15	CDR	Replace i i ANO	R/G	
17:15-17:45	CDR	Replace O-A ANO	R/G	
17:35-17:45	PLT	Inspect ADIE-1 separator	R/G	
17:45-18:15	CDR			
17:45-18:15	PLT	Active rest	i i , Book 2	Item 2.1
18:10-18:15	FE-1	TVIS weekly maintenance	MED OPS : NOMINAL: CMS: TREADMILL WITH VIBRATION ISOLATION AND STABILIZATION (TVIS) - WEEKLY MAINTENANCE	
18:15-18:45	CDR	Report prep		
18:15-18:45	FE-1	Report prep		
18:15-18:45	PLT	Report prep		
18:44-18:59	CDR	Daily planning conference (evening)		
18:44-18:59	FE-1	Daily planning conference (evening)		
18:44-18:59	PLT	Daily planning conference (evening)		
18:59-19:29	FE-1	Familiarization w/ the following day plan		
18:59-19:29	PLT	Familiarization w/ the following day plan		
18:59-19:29	CDR	Familiarization w/ the following day plan		
19:30-20:00	CDR	Dinner		
19:30-20:00	PLT	Dinner		
19:30-20:00	FE-1	Dinner		
20:00-20:30	CDR	Daily food ration prep		
20:00-20:30	FE-1	Daily food ration prep		
20:00-20:30	PLT	Daily food ration prep		

20:30-21:30	CDR	Pre-sleep		
20:30-21:30	PLT	Pre-sleep		
20:30-21:30	FE-1	Pre-sleep		
21:30-06:00	PLT	Sleep		
21:30-06:00	FE-1	Sleep		
21:30-06:00	CDR	Sleep		