

CARDIO/ĬÄĬÖ*. Medical Study

GMT		Crew	Activity	ODF	Item/Page
06:00	06:10		Morning inspection		
06:10	06:40		Post-sleep		
06:40	07:30		BREAKFAST		
07:30	07:45		Work prep		
07:45	08:00		TV conference with the RSC-Energia management		
08:00	09:30	ĬŸ	Checkout CMG heaters using DAT laptop	ACTIVATION AND CHECKOUT: CMG CHECKOUT USING DAT	
08:15	08:30	ÄĬ-1	Finish regeneration of Ö2 ÄĬĬ cartridge	ŸĬÄŸ ŸĬ	Item 7.3, page 7-4, steps 3,5
08:30	09:20	ĬĬĬĬÖ, ÄĬ-1	Cardio/ĬÄĬÖ: Prep	ĬŸ	Pages 4-3 to 4-11, item 4.1
09:20	09:30	ĬĬĬĬÖ, ÄĬ-1	Record "at-rest" parameters	ĬŸ	Pages 4-12 to 4-14, item 4.2.1.1
09:30	10:00	ÄĬ-1	Physical exercise (active rest)		
09:30	10:30	ĬĬĬĬÖ	Cardio/ĬÄĬÖ: Break		
09:30	10:30	ĬŸ	Physical exercise (TVIS)		OCA_0553
10:00	10:30	ÄĬ-1	Fluke 105B Scope Meter Series II: Check battery charge		
10:30	10:50	ÄĬ-1, ĬĬĬĬÖ	Cardio/ĬÄĬÖ: Prep	ĬŸ	Pages 4-14 to 4-15, item 4.2.1.2, steps 1-8
10:30	11:00	ĬŸ	Node1 smoke detector checkout		
10:50	11:05	ÄĬ-1, ĬĬĬĬÖ	Record parameters	ĬŸ	Pages 4-15 to 4-19, item 4.2.1.2, steps 9-57
11:00	11:30	ĬŸ	MPV Update		OCA_0570
11:05	11:35	ĬĬĬĬÖ, ÄĬ-1	Cardio/ĬÄĬÖ: finishing ops	ĬŸ	Page 4-27, Ĭ.4.3
11:31	11:49	ĬŸ	Private medical conference		
13:10	13:30		TV conference with NASA		OCA_0769
12:25	12:40	ÄĬ-1	Private medical conference		
12:40	13:10		LUNCH		
13:30	14:10		LUNCH		
14:10	16:10		Discussion of 5A crew notes		
16:50	17:16		Conference: prep for 5A		
16:45	16:54	ĬĬĬĬÖ	Voice conference with family		
16:55	18:25	ÄĬ-1	Physical exercise (TVIS)		
17:25	18:25	ĬĬĬĬÖ	Physical exercise (active rest)		
17:25	18:25	ĬŸ	Physical exercise (IRED)		OCA_0553
18:25	18:55		Report prep		
18:55	19:25		Review of the following day plan		
19:25	19:55		DINNER		
19:55	20:05		Daily planning conference		
20:05	20:30		Daily food ration prep		
20:30	21:30		Pre-sleep		
21:30	06:00		SLEEP		

End of radiogram

* ĬÄĬÖ – Lower Body Negative Pressure unit (LBNP) (*translator's note*).