

R/g „ 522

Form 24 for 01/31/01

Time	Crewmember	Activity Name / <i>ODF or r/g</i>
06:00 - 06:10		Station inspection
06:10 - 06:40		Post-sleep
06:40 - 07:30		Breakfast
07:30 - 08:00		Preparation for work
08:00 - 08:08		Daily planning conference
08:08 - 08:38	PLT	Health status periodic evaluation - subject / INA_1116 Reference#5 Subj only
08:08 - 10:08	CDR, FE-1	Health status periodic evaluation - \tilde{N}_c (examines) / INA_1116 Reference#5 CMO & Subj
08:40 - 10:10	PLT	Sound level meter "Ø î ã" data download to Laptop 3 / r/g 494
09:40 - 11:10	FE-1	Physical exercise TVIS - 3
10:10 - 10:20	PLT	Taking photo pictures of the crew with camera ESC-460, Nikon F5 / r/g 515
10:10 - 10:20	CDR	Ø—NCall Down via OCA / OCA_1116 Reference #1
10:20 - 11:30	PLT	Sound level meter "Ø î ã" data download to Laptop 3 / r/g 494
11:30 - 12:30	PLT	Physical exercise IRED - 3
11:30 - 12:25	CDR	Physical exercise TVIS
11:30 - 11:35	FE-1	TVIS weekly maintenance / OCA_1116 Reference #2
12:20 - 12:30	FE-1	PMC
12:25 - 12:30	CDR	TVIS weekly maintenance / OCA_1116 Reference #2
12:30 - 13:30		Lunch
13:30 - 14:35		PAO. TV-report via OCA / OCA_1151 & OCA_1204
14:35 - 15:05		Report preparation
15:05 - 16:05	CDR	Heart bioelectrical activity examination in tranquility/ OCA_1116 Reference #8
16:25 - 17:35	FE-1, PLT	Heart bioelectrical activity examination in tranquility + photo (Ø=17:00) / ì î vol.2 item.3.2 p.3-7 +r/g
16:25 - 17:55	CDR	Physical exercise IRED
17:35 - 19:05	PLT	Physical exercise TVIS - 3
17:55 - 18:05	FE-1	Taking photo pictures of the crew with camera ESC-460, Nikon F5 / r/g 515
17:55 - 18:25	CDR	Files transfer from I-Nto \tilde{N}_A / OCA_1116 Reference #6
18:05 - 19:05	FE-1	Physical exercise IRED - 3
19:05 - 19:35		Dinner
19:35 - 20:05		Food daily ration prep
20:05 - 20:20		Daily planning conference
20:30 - 21:30		Pre-sleep
21:30 - 06:00		SLEEP

End of r/g