

Radiogram No. 4171u Form 24 for 09.04.02

**Emergency Egress Training • Depress**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:45	.	Daily planning conference ( <i>S-band</i> )
07:45-08:15	.	Work prep
08:15-08:25	FE-1	SUBSA. Placement of specimen.
08:15-10:15	CDR, FE-2	Routing of cables to reconfigure Ethernet. Tagup with specialist ( <i>S-band</i> )
08:25-08:45	FE-1	SUBSA. Experiment (steps 1-7).
08:45-10:15		EVA battery charge unit troubleshooting
10:15-11:00	CDR	Fitness assessment (on treadmill) (assist)
10:15-11:15	FE-2	Fitness assessment (on treadmill)
10:45-12:15	FE-1	Physical exercise (RED)
11:00-11:15	CDR	Physical exercise (Active Rest)
11:45-12:15		INTERACTION – data collection
11:50-12:30	FE-2	Monitoring of the habitat microecosphere (sampling)
12:20-12:30	FE-1	Setup for PAO event
12:20-13:00	CDR	COЖ maintenance
12:30-12:40	FE-1	Prep for PAO event
12:30-13:00	FE-2	Copy data from "Cardiocassette-2000" and downlink via OCA
12:40-13:00	FE-1	PAO event (WHO Radio, Des Moines IA)
13:00-14:00	CDR, FE-2	LUNCH
13:00-13:55	FE-1	
13:55-14:00	FE-1	VCR reconfiguration for SUBSA experiment
14:00-15:30	.	Emergency egress training. Depress. Tagup with specialist. ( <i>S-band</i> )
15:30-16:00	FE-2	INTERACTION – data collection
15:30-16:00	CDR, FE-1	Med. Ops lead refresher (CMO)
16:00-17:30	CDR	Cyclergometer test. Tagup with specialist. ( <i>S-band</i> )
16:00-17:10	FE-2	Cyclergometer test (assist)
16:00-16:30	FE-1	INTERACTION – data collection and backup
16:30-16:40		Daily payload status check
16:40-16:55		Food questionnaire
16:55-17:05		Load files into MEC (after FE-2 has completed MO-3 on TVIS).
17:10-17:50	FE-2	IMS file prep
17:15-17:20	FE-1	Setup for HAM radio pass
17:20-17:30		HAM radio pass
17:30-17:50	CDR	ISS Repress with O2 from Progress CPЖK ( <b>On MCC go</b> )
17:30-18:30	FE-1	Physical exercise (TVIS)
18:15-18:50	CDR, FE-2	Daily plan review

18:30-18:50	FE-1	
18:50-19:05	.	Daily planning conference ( <i>S-band</i> )
19:05-19:30	.	Report prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

**Note:** See OSTP for references to US activities.

End of radiogram