

(6)
0215 022 DETAIL PAD 260/2300

-----PLT-----
1200 DP:PH,EEG
1230 EAT-DUTY
1330 S/HK
1400 TV MON
1430 AD-S
1515 LS-22
1645 PH
1700 EAT
1800 CPL
1900 M092-1/M171-1 S (SPECIAL)
2100 PH -MISI
2130 M092-1/M171-1 O (SPECIAL)
2330 ELC -MISI
2400 EAT
0100 PLN/XFER OUT-BCE
0115 XFER IN-ACEL
0130 BRIEF-EVENING REPORT
0200 R&R
0345 PH
0400 SLEEP-M133

END OF DETAIL PAD

0219 023 DETAIL PAD 262/1715

-----PLT-----
*1200 DP:EEG,ORAL,PH,ASP,BLOOD
* SAMPLE FOR CO LEVEL TEST
1320 EAT
*1420 TV MON
*1435 M171 -SPECIAL TEST NO.4
1730 MANLOCK DOUGLAS BAGS
1800 EAT-DUTY
1900 L-23(BREAK)
2030 PH
2040 M487-C
2110 EXER
2220 PH
2250 CPL
2400 EAT
0100 PLN
0130 TV MON
0200 R+R
0345 PH
0400 SLEEP

END DETAIL PAD

*NOTE: ADDITIONAL XFERS

1200 XFER OUT-EMPTY
1215 XFER IN-DOUGLAS BAGS
1415 XFER OUT-EMPTY
1430 XFER IN-DOUGLAS BAGS

(6)

0223 DETAIL PAD 263/1600

-----PLT-----
1200 DP: MICRO/THROAT/SKIN, PH/
10/60, GARGLE, MICRO
FECAL DAY

1310 EAT
1410 TEST CLOSEOUT

1500 PH
1515 TEST CLOSEOUT

1700 BREAK
1720 EN 4A
1730 SPECIAL EN MICORPHONE
TEST

1800 EAT-M151

1900 S/HK

1945 PHYSICAL

2030 TEST CLOSEOUT

2130 EXER

2230 SWR SU

2300 SWR

2330 SWR ST

2400 EAT

0100 PLN

0130 BRIEF

0200 R&R

0345 PH

0400 SLEEP/M133 - WAKE-UP
TIME IS 1045

END DETAIL PAD

Flight data file suggestions

1. New or involved changes to procedures are best sent up on the teletypewriter.
2. These items are hard to store as they can be quickly retrieved - make provisions for them. i.e. a one time procedure come in for something, after you do it you don't want to throw it away since it may be used again.
3. Catalog as many weights as you may use on the SMARD. Probable items to be included are the weights of:
 - napkins
 - wipes
 - wet wipes
 - empty food cans
 - empty inner liners
 - etc
4. Color coding on the books works O.K. but the diagonal line isn't worth it.

5. Paper clips or a stappler would probably be a good item to carry along. Certainly scotch tape is a help.
6. Pencils are always breaking on us.
7. Erasers on the pencils are terrible
8. Make some of the big logs easily dividable into sections.
9. Think about the passage of medical data up.
10. We put exercise on the top of our daily menu's.
11. The SMMO cards seemed to work O.K.
12. The expandex file furnished us was O.K. for one g. but should be more like an expandex file for zero g.
13. Take a couple of colored pens along, if possible, to outline important items.

14. The printing on the food cards should be bigger to fill up the available room, and allow you to read it from across the room

15. The pills should be on a card by meal.

16. There should probably be a decal for exercise prep.

17. An area is required where a report can be prepared and read. Make sure there are adequate clips for 4 or 5 books.

18. We found the evening report a good place to cap the days activities

19.

MENU DAY 1

845	1714	4364	290	3940
¹² Pears	¹²	²⁵	⁸	¹²²
857	1826	4389	298	<u>122</u>

MENU DAY 2

849 1759 4450 345 4159

MINTS

O.K.

MENU DAY 3

850 1597 4060 278 4183

7 27 33 11

Peaches

O.K.

803	1677	3671	322	4198
³¹	⁴⁸	²⁰⁷	⁸	⁴¹
833	1725	3878	330	<u>2292</u>

Bread

MENU DAY 5

Sugar Cookies

DAY 6

Lemon Pudding

AFTER MEAL B DAY 20

POLYETHYLENE GLYCOL

6 CANS + 39

NEW CAN AFTER (6TH CAN)

DAY 24 MEAL C (+1)

NEW CAN AFTER (5TH CAN)

DAY 29 MEAL B

NEW CAN AFTER (4TH CAN)

DAY 34 MEAL A ✓

NEW CAN AFTER (3RD CAN)

DAY 38 MEAL C ✓ +1

NEW CAN AFTER (2ND CAN)

DAY 43 MEAL B ✓ +1

NEW CAN AFTER (LAST CAN)

48 MEAL B

2 MEALS OF PROSPHOROUS

50 MEAL B

53 MEAL A

53 MEAL C.

850 ± 16

(866) CA

1700 ± 120

(1820) P

4000 ± 500

(4500) NA

325 ± 100

(425) Mg

FLT. ANALYZER.

Shipped to MSFC

Flight #2 unit

in stage now

Number of changes

COR 1049

SPT 1054

PLT 1055