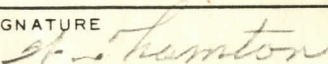
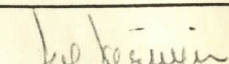


MEMORANDUM

Lyndon B. Johnson Space Center



REFER TO: CB	DATE February 17, 1982	INITIATOR CB/JPKerwin:lmc:2/17/82:2421	ENCL
TO: CB/Chief, Astronaut Office		CC see list	
FROM: CB/W. E. Thornton CB/J. P. Kerwin		SIGNATURE   William E. Thornton Joseph P. Kerwin	

SUBJ: Ground Rules for Use of Treadmill Exercise in Flight

The treadmill is currently baselined for STS-3 and 4, and its use on subsequent flights is expected. It should be used as follows.

- It need not be flown on flights of 3 days or less except to meet some special requirement.
- On flights of 4 to 7 days, exercise should be scheduled at crew option as outlined below. Exercise periods may be omitted for higher priority objectives.
- On flights of longer than 7 days, exercise periods should be considered mandatory and omitted only for mission critical objectives.
- Exercise will not be scheduled on launch day or entry day; exercise on day 2 is optional.
- The preferred way to schedule exercise is in two periods per day of 25 minutes (15 minutes exercise plus 10 minutes cleanup). An alternate way, if required by the timeline, is one 40 minute period (30 minutes of exercise plus 10 minutes cleanup).
- A cue card for treadmill use is being finalized.

CC:

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