APOLLO 9	
CREW LOG	
PART NO	S/N
SKB32100040-201	1007

FLOWN ON APOLLO 9

1ST FLIGHT OF THE

LUNAR MODULE!

Jim McDivitt

CDR

DTO REQUIREMENTS

The crew is to comment on the following particular areas of interest (Log or Voice Record):

1. Folding & unfolding center couch.*
2. Positioning in couch for CSM active docking. *
3. Replacing LiOH cartridges.*
4. Stowing & unstowing equipment on aft bulkhead.*
5. Undesirable noise (Description, GET & Origin).
6. Distinguish individual RCS firings.
7. Exhaust impingement effects of SM RCS firings.

*Photographic coverage desirable

DAILY MEDICAL REPORTING TO MCC

1. Sleep: Hrs & Good, Fair or Poor. (After breakfast each day)
2. Radiation: Dose per crewman over last 24 hrs. (Before each rest period)

DAILY MEDICAL LOGGING (REPORT NOT REQUIRED)

1. Water consumption
2. Food not eaten
3. Exercise
4. Fecal bags (crewman & GET)

CREW LOG

TIME	REMARKS
6:22:	DURING SPS-1 BANK A VALVE 1
	OPENED SLOWER THAN VALVE 2
	SPS PU FOLLOWING BURN RQD
	89.2% O_2
	93.6% FU
	FULL SCALE LOW DECREASE OX UNA
7:05:30	19 TOTAL STARS @ 7:04:45
	NO STARS - HORIZON IN FOV 7:09:45
	QUAD VERY BRIGHT
7:30:00	START CHG ON BAT B 2.25 AMPS
	33 V
T+D	.6 at Sep, lined up at completion of Transposition except needed pitch up about 10° to null needle. No +X needed after Turn, SIVB closed on commit ~60' after Turn. No left Translation, DAP or SCS Yawed left, +X to look up, went across to left of SIVB. CPrim + Sec, D-Sec Prop valves closed, then opened: OK. closing V = .3, smooth capture, no oscillations, drifted to COAS above ~2°, left ~1°, SCS Min Imp to align. COAS washed out by Target, Retrotation 8-10 sec, double sound on 12 latches (DES)
LAUNCH	Seemed like late ignition, bang and decel at 1st stage SII high freq. vibrations at ~6:00, SIVB early C.O.? (DES)

TIME	REMARKS
09 25 00	Bat C - 37, Pyro A-37, B-37
	SM RCS A-83, B-90, C-83, D-87
	CM RCS Temp: 5C-Hi (Full), D-Hi, 6A-Hi, BHi, C=5, D=H,
	PRIM EVAP SHUT DOWN
10 18 00	Received VHF weak some foreign Transmissions - 2 way
	"Green Hornet 35, ____ Tower" also
OFF at 10 23 00	Then some more 2 way, sounded like chinese
11 57 00	More
16 35	TWR · TO BLACKHAWK 15
18 12 00	VHF B
	ANT-02 Press when fans on
28:54:10	SM RCS A 79% BAT C 37.0
	B 84% PYRO A 37.1
	C 79% B 37.1
	D 79%
	5C-05H 6A-05H C-4.0
	D-05H B-05H D-4.6
28:52	FC O_2 PURGE
33:21 34:18	~~33 to 34~~ ~~34+8~~ Loud STATIC for ~ 5 sec on UHF A
54:49	SM RCS A 75% BAT C 37.0
	B 76 PYRO A 37.1
	C 74 B 37.1
	D 74
	5C-05H 6A-05H C-05H
	D-4.85 B-05H D-05H

22 MAR 1968

TIME	REMARKS
	SM RCS A - 75 BAT C - 37.0
	B - 77 PYRO A - 37.1
	C - 71 B - 37.1
	D - 72
	5C - 05H 6A - 05H C - 4.6
	D - 05H B - 05H D - 05H
OPTICS	: Eyepieces loose and tend to rotate off - need Tape
	SXT Reticle not clear - hasn't changed since chamber
	No place to stow optics covers
	Star chart and V/N list not easily removed in OG
	Long eye relief eyepieces require too many turns of screws to mount, - would be very difficult in hard suit if needed.
	Quick disconnects on eye pieces excellent - used 2 and 3 times a day, for suiting and cleaning Fwd
	Prism split in SCT most annoying - affects sighting almost half the time - alignments and moz.
	Never did get a description of all eyepiece (DRS) - 3-9-69 combinations prior to flight - requested several times
	Eye guards come off easily; SXT deadband too large Could use SXT FOV star charts;
	Sun filters loose on Long Eye Relief Eyepiece, SCT OK (DRS)
150:22	SM. RCS A 53 BAT C 36.9
	B 58 PYRO A 37.1
	C 52 B 37.1
	D 56
	5C 05H 6A 05H C 05H
	D 05H B 05H D 05H
	PRD - 31.14 61.15 80.15

22 DEC 1968

TIME	REMARKS
	Hatch counterbalance connector roller is not completely captive, & came out during EVA. (PRS)
17A:23	PRD 31.15 60.16 80.16
	SM A - 53 BAT C - 36.9 B - 55 PYRO A - 37.1 C - 49 B - 37.1 D - 53
	SC - OSH G A-OSH C 5.0 I D - OSH B-OSH D OSH
175:20	ABOUT 10 MIN PRIOR TO SUNRISE WE WERE WELL DARK ADAPTED LOOKING AT STARS & AIRGLOW WHEN WE BOTH NOTICED ANOTHER, MORE TENUOUS, HIGHER GLOWING LAYER. THE LOWER AIRGLOW APPEARED FAINTLY REDDISH ON THE UNDERSIDE & GREEN ON TOP (5577 A° ?)
	
	THE UPPER LAYER DISSAPEARED WELL BEFORE SUNRISE (~ 5 MIN)

22 M[illegible] 1968

TIME	REMARKS
198:16	SM RCS A - 52 BAT C 36.9
	B - 54 PYRO A 37.1
	C - 45 B 37.1
	D - 51
	5 C 4.9 6 A - 4.8 C - 4.9
	D 4.9 B - 4.8 D - 4.8
	PRD 31.20 61.22 80.22

22 M[illegible] 1968

TIME	REMARKS
55:00:00	1. Hatch, Probe, Drogue: a. Hatch works fine, easy to remove and stow except - stowage bag too small - no need to be form fitted; - TCE on outside of hatch too delicate for handling inside S/C, comes apart, flakes. b. Probe - works as advertised no problems. Timeline same as 1G counterbalance ops. Forces on ratchet ~30#, easy to stroke with feet on couch and back against tunnel. c. Drogue - most difficult of the three to remove from tunnel due orientation of lugs required to clear tunnel wall. The entire tunnel clearance goes very well with the exception of the suit hoses which are constantly in the way, pushing the wrong way, twisted, and cumbersom. More flexibility would help. The tunnel checklist is excellent - positioned properly, descriptive, and complete. Saves considerable time which would be spent holding a checklist or having one red. Temporary stowage locations during IVT works well DRS During LM systems with eotf plane alignment, the S/C tended to drift into gimbal lock - from all roll angles and on both sides of the FDAI. DRS On first alignment of day manual optics hung up at about 60° CMC OK DRS

22 M[illegible] 1968

TIME	REMARKS
58 30 00	In General: Window Shades do not fit, need screwdriver
	Bite size food is crumbly
	Water has Too much gas, Tastes bad!
	Not enough velcro in right places
	LiOH canisters are not marked
	Comm cables Too stiff
	Only two sleeping bags DKS
	Hatch c-balance vent lever marking
	Shear pin markings
	Waste H_2O Dump component stowage locations

22 M 1968

TIME	REMARKS
	DAY 7
144:26:00	LDMK TK - ~~RT~~ PUNTA YAYAHMEKO, MEX
	CLOUDS IN FIELD 144:29:30
	WENT TO MARK ROUTINE @ 5
144:54:10	LDMK 2R I.D. @ 144:54:05
	2 MIES PRIOR TO PROG MARK
	FILM STOWAGE
148:25	B8 - 1-16 MM CAM
	(P) - CIN 168 - EMPTY
	(H) CEX 368 "
	(K) " "
	(M) " "
	(L) " " (ON CAM)
	B-3 - 1-16 MM CAM WITH
	MAG (O) - 3/4 MAG REMAINING
	A-7 - SWA WITH MAG (E)
	(EA - MAYBE CAMERA TROUBLE)
	(N) - CEX 368 - EMPTY
	(U) - CEX 368 - EMPTY
	(J) - " - FULL
	(T) - " - FULL
	(W) - " - FULL
	(Q) - CIN 168 - FULL
	(V) " FULL
F-2	
	(S) - CEX 368 - 3/4 FULL
	(I) " "

22 MAY 1968

CAMERAS ON (A) & (B)

TIME	REMARKS
159:00	#1 CABIN FAN DID NOT COME ON WHEN TURNED ON. BY CHANCE I PUT MY HAND IN THE CABIN FAN DUCT TO PULL OUT A PIECE OF TAPE AND TOUCHED THE FAN MOTOR — IT WAS HOT — POTENTIALLY DANGEROUS
186:00	85 FRAMES TAKEN OF SOLS
	≈ 200 FRAMES OF 70 MM REMAINING
	2 1/3 ROLLS CEX 16MM
	2 ROLL CIN 16MM
212:56	LOOKING AT CANIS MAJOR
ALUDRA	2.5 4.5 6(2) SIRIUS 4.5 4 4.5 6 4 ADHARA

22 MAY 1968

TIME	REMARKS
217:59	DAY 10 LDMK TK
#1	TGT 005 SAN CAT IS.
	~~POSITIVE I.D. @ 218:~~
	NO ACQUISITION — CLOUDS
#2	TGT 065 TORTUE ISLAND, HAITI
	POSITIVE ID, @ 218:12:56
	0649 06 ST
	+ 00128 + 199.56
	+ 0000.0 - 36.612
	- 00075
220+10:00	~~DAY~~ YB TO 20°
221:45	" " " 25
220:22	220:48 BLOCK DATA
	221:05 UPDATE S.V.'s
	222:25 MANEUVER TO ASC STAGE
	TK-ATT
	222:50 PWR DN IMU & SCS
	TERM BAT A CHG
	WASTE H2O DUMP TO 35%
	BEGIN REST PER
	~~236:26~~ - 233:35 WAKE-UP

22 MAY 1968

TIME	REMARKS
222:00:00	P20 ASCENT STAGE TRACK
1.	Roll To 345.6
2.	P20 with auto mnvr CMP 4-1
	Mark as long as desired at 1 Min int.
	T CA : 222:41:46
	P20 any time prior To CA – watch MCA
	W OK
	P20 222 35 30 R=1000
3.	CA : 652 $\dot{R}$ = 32
	CSM Trn: 1 603, below 272, Right 117
	LM 3741.7 x 127.8
	~~Left to Right~~ R to L
	+00188 +00026 +00162 222 19 30
	V83 aT:
	223 00 38 +52337 +19442 +03212
	6 Mark
	222 39 40 - Mark #1 when visible + 10 sec
	222 45 40 - Mark #6 lost sight when went below thermos
	222 51 43 Last visual sighting
	222 25 55 First sighting
	Auto Optics Tracked to within ½ SXT reticle leg
	Mark updates to DAP more violent than in R002
	Reflection of clouds in SXT made tracking difficult
	W = +00328, +00067 ~ 223:30
	~~EVAPS for entry~~ +06057 +02197 4 Digits
	W MATRIX OVERFLOW AT ~ 225:00
	V56 223:00:00 was Entered to Turn of P20, another 225:00:00 V56 To stop W
	(DBS)

22 M 1968

TIME	REMARKS
223:14	SM A-51 BAT C - 36.9
	B-54 PYRO A - 37.0
	C - 40 B - 37.0
	D - 48
	CM INJ
	5C 5.0 6A OSH C 5.0
	D 5.0 B 5.0 D 4.9
	FUEL CELL 31.25 61.27 80.27
225:00	CABIN FAN #1 WILL NOT WORK BECAUSE OF A PIECE OF VELCRO CAUGHT IN IMPELLOR
	BUSY DAYS THESE LAST 5. NOT LIKE I EXPECTED — ENJOYED IT.

22 MAR 1968

TIME	REMARKS

PHOTO
70mm

PHOTO LOG
70mm (CEX368)

GET	MAG	NO.	REMARKS (f, t, LENS, FILTER)
45:00	A	59	DROGUE 1sec f2.8
"	A	60	DROGUE 1/2.8
46:00	A	61,62	LM GEAR, HORIZON L RNDZ WINDOW 1/125/5.6
"	A	63	Gear 1/15/f16
"	A	64,65,66	LM Gear, Windows 3,4,4, 1/60/f22
72:00	A	67-96	EVA f11 1/250
88:04	A	98,9	PARTICLES ON TOP OF LM
	B	1	PHOTOS OF RNDZ
RNDZ		:	FROM CSM f11/1250
		:	
		67	
		68	LM JETTISON
		:	SUBS MANEUVERING
119:21		80	~~MEXICAN WEST COAST LOOKING SOUTH~~ SUNRISE REV 75
119:21		81	MEXICAN WEST COAST LOOKING SOUTH
119:35		82	CLOUD FORMATIONS/ MID
"		83	ATLANTIC
119:44:15		84	DESERT AREAS
119:44:25		85	DUNES
119:44:40		86	MORE DUNES
		87	PIX ACROSS STATES —
121±15		:	NEAR VERTICAL OF
		!	ATLANTA GA, COAST
		102	LOOKING NORTH, VA. BEACH
		103	CLOUD FORMATIONS
		104	OFF S.C. COAST
~122:30		105	PIX OF #3 WINDOW PRIOR
		108	TO 50-65 SUN ON WINDOW

F-11

K-E G-F
E-E
I-14C
L-E T-F

PHOTO LOG
70mm (CEX368)

GET.	MAG	NO.	REMARKS (f, t, LENS, FILTER)
—	R	109	WORMIC SETTINGS
	C	0	TEST
		1	
~ 124:03:00		2	PHOTOS OF WESTERN U.S. AT MAX
↓		↓	NORTH - COUPLE OF HOUSTONS
		↓	BAHAMA BANKS, TONGUE OF OCEAN
		30	HAITI — ?
125:17:30		31	CLOUDS OVER PACIFIC
125:17:35		32	"
125:18:40		33	"
125:32		34	MEXICAN COAST & OBLIQUE
↓		↓	OF YUMA AREA — NEAR VERTICALS
↓		↓	ACROSS MEXICO.
125:38		46	
		47	PIX OF CENT & SOUTH
	↓	↓	AMERICA.
		51	
125:46		52	CIRCULAR CLOUD WITH PERIL
125:48:45		53	CIRCULAR TOPS OF TSTMS
125:48:50		54	"
125:51:40	↓	55	HORIZON WITH TSTMS
140:17:00		56	REV 89 CENT AMER - YUCATAN
↓		⋮	COAST (CLOUDY) - ISLAND OFF CUBA -
↓		⋮	WHOLE SERIES ACROSS AFRICA TO
140:58:00	↓	85	LIBYA.
140:58:20	F	58	ETHIOPIA
141:00	↓	65	

PHOTO LOG
70mm (CEX368)

GET	MAG	NO.	REMARKS (f, t, LENS, FILTER)
142:58:30	C	86?	SOU U.S. OR MEXICO
:59		87	TEXAS GULF COAST
143:18:45		88	LOOKING SOUTH ALONG AFRICAN
"		89	COAST
143:19:20		91	INLAND AFRICA
"		92	RICHOT CRATER
ABORT 144:40		93	MOBILE BAY, GULF COAST
⋮		⋮	OF FLA, FLA PENINSULA, FLA
⋮		101	& GA COAST LINE
144:45		102	JIM'S BEARD
↓		103	
144:52		104	CLOUD SWIRLS & CANARY
↓		⋮	ISLANDS
↓		113	
146:02		114	PHOTOS ALONG SO-65 PASS
↓		↓	ACROSS STATES
146:09		136	
146:10		137	SHOT (NORTH) UP EAST COAST
147:41		TO 165	Post SO65 pass - Keys Cuba, to 148:00
148:00	A	99 104	S. America
149:14	A	106 110	Mexico, Geology, 6 sec interval, 11/250
149:16		111 114	Geology, 6 sec int 11/250
149:19		115 118	Geology, 6 sec int 11/250, undercooks
149:22		119	Weather 11/250
149:25		120 124	Weather N & S of track 11/250
149:2?		125	Geology - rills on coast
149:30		126	thunderstorm 8/125
150:52		124 127	

LOST COUNT HERE
SOMEWHERE

PHOTO LOG
70mm (CEX368)

GET	MAG	NO.	REMARKS (f, t, LENS, FILTER)
151:43	A	128	JET STREAM OVER WESTERN THAILAND
146:02	B	132	MAG B - SW. US
146:10	B	133	" "
147:35	B	133	CARIBBEAN - ISLANDS DOWN
148:00		155	TO S. AMERICA
153:27	D	1	POINT OF LAND
165:23	A	129	Geology in NIGER 11/250
165:33	A	130-34	Geology - S/C in drift not at correct angle - flat sand
166:37→38	A	135-44	CORPUS - MISS Δ - FLA — JAX
166:35	D	2	NEW ORLEANS
166:36	D	3,4,5	MOBILE BAY
166:54	D	6,7	AFRICA
166:53	A	145-47	RICHAT CRATER & SOUTH OF RICHAT
167:09	D	8-12	US GEOGRAPHY
168:20	A	148	Notch Window Seq. Camera Mount 2.8/8
168:20	D	13-16	CANARY ISLANDS
168:23	D	17-20	OCEANOGRAPHY
168:24	D	21	SUN GLINT ON WATER
171:20-30	D	21-26	CANARY ISLANDS - MOUTH OF AMAZON
171:25	G	1	ISLAND S.E. OF HAITI
172:52	G	2	DIX DOWN ACROSS MEXICO
			CENT AMER, COLUMBIA
			MAGAZINE JAMMED
172:57	G	15	AFTER 15 EXPOSURES
173:50	D	27-28	Moon Thru SXT 2.8/1/4, 6/1/60
174:40		29	Horizon at 170 n.m.
174:40		30	16 S 69 W - Lake 125/5.6
175:35		31,32	Fuoy, Mt., 11/250

PHOTO LOG
70mm (CEX368)

GET	MAG	NO.	REMARKS (f, t, LENS, FILTER)
175:52	D	33,4,5	HAWAII, 11/250
176:06	D	36	CIRCULAR PATTERN IN CLOUD DECK
177:00	D	37-40	CHINA - Geology, Snow Mtns looking North
186:20	D	41-52	NORTH AFRICA 11/250
186:37	D	53	CEYLON LOOKING NORTH
~~187:50~~ 187:00	D	54-61	NORTH AFRICA
188 03 06	D	~~62 70~~ 62-69	8 frames/10sec Δt APPROACH TO ~~RED SEA~~
189:10	D	72-74	3 frames CAPE K.
189:39	D	75	1 FRAME Central Africa GEO
189:40	D	76	MT KILAMANJARO & VCTY
189:45	D	77	"
189:45:15	D	78	SHOAL IN FARQUHAR GROUP ?
190:46:00	D	79	OBLIQUES TO NORTH ALONG EASTERN
190:48:00	D	86	US +1 OF FCA OBLIQUE TO SOUTH
192:15:00	D	87	PASS ACROSS U.S. PIX OF
↓	D	↓	VARIOUS CITIES - FINISHING
192:23:40	D	99	WITH SAVANNAH & OBLIQUE NORTH
193:40:00	D		DALLAS FT WORTH PASS
194:06:00	D	118-20	BARBADOS · OCEAN
195:17:00	D	121-2	ANTICYCLONIC PATTERN OVER RAC.
195:45:00	D	124	MOUTH OF AMAZON/ THRU CLOUDS
209:50	D	125-144	BLEW IT! 2.8/1/4 @ 3'! AFRICA
209:27	D	144-43	250/4 AUSTRALIAN COAST
~~209:30~~	~~D~~	~~144 152~~	~~REF/SPT~~
210:40:00	D	144 152	RED SEA, SAUDI ARABIA, SUEOTRA. 11/250
210:52:01	D	153 155	WX (SUPPOSED TO BE TROP DEP)
212:10:56	E	60 65	TIBETSI MTNS
212:14-19	E	66-74	ETHIOPIA - SOMAH

PHOTO LOG
70mm (CEX368)

GET	MAG	NO.	REMARKS (f, t, LENS, FILTER)
213:41	E	76-81	2 METEOR CRATER THROUGH SEXTANT 3 AFRICA (CENTRAL)
214:52	E	82-3	CLOUD VORTICIES AROUND ISLAND OFF BAJA
~~215:14~~	~~E~~	~~84~~	
214:54	E	84-5	VIEW NORTH ALONG SIERRA CHAIN
215:05	E	86	VIEW OF SAVANNAH
215:00	E	87-93	VIEWS ALONG EAST COAST VERTICAL & NORTH OBLIQUE
215:14	E	94	VOLCANO IN CAPE VERDE ISLANDS.
215:22	E	95-6	GULF OF GUINEA WX
216:27:30	E	97	SIERRAS, LAKE MEAD, GRAND CANYON,
	E		LOS ALAMOS, 3 STRIP SHOTS OF
	E		LUBBOCK AREA, APPALACHIAN MT
216:35:30	E	113	CHAIN, SAVANNAH
217:02:12	E	114-16	CAPE FRIA WX 4/EVL ~12, 13)
221:	E	136-137	SOUTH AMERICA PASS
	E	139	SUNRISE
234:50	E	140-1	NILE RIVER (?) AFRICA.

PHOTO LOG
70mm (CEX368)

GET	MAG	NO.	REMARKS (f, t, LENS, FILTER)

PHOTO LOG
70mm (CEX368)

GET	MAG	NO.	REMARKS (f, t, LENS, FILTER)
23:29	A	1	} f 11 1/250 NO FILTER
	~	45	} PIX OF LM PRIOR TO
			& DURING & AFTER DOCKING
			ALSO PICTURES OF S IV B
			AFTER EJECTION &
			AT IGNITION ON FIRST
			RELIGHT.
	A	45,	PICTURE OF MOON OVER
		49	LM QUAD 1 FROM R.H.
			RNDZ WINDOW.
23:38	A	50	1/30 f5.6 DOCKING TGT OOT
	"	51	1/15 f8 LH RNDZ (#2) WIND.
23:41	A	52	1/60 f22 "
23:43	"	53	1/60 f22 "
23:44	"	54	1/60 f22 "
24:10	A	55	1/125 f11 AOT FROM WIND #4
25:47	U	16MM	MAG (U)
	~1/4		SPS BURN 2 TIG-5 → ~+20
24 FPS			+ STROKER
f 11	~1/2		SPS BURN 3 TIG-5 → ~+20
1/250			+ STROKER
5'			+ MTVC → ECO
"	6 FPS		PIECE OF FLOTSAM
26 42	A	56	f8/5.6 LH RNDZ WINDOW FILM ON OUTSIDE?
27:11	A	57	LM QUAD 1 SHOWING DISCOLORATION
27:11	A	58	OF YELLOW TAPE
	57-	F3.5	1/30 58- f2.8/1/30

PHOTO LOG
16mm (CEX368, CIN168)

START GET	MAG	FT	REMARKS (f, t, LENS, FPS)
99 -	S	1/2	DOCKED DPS BURN
			f11/1/250 START FOR
			~ 1 MIN @ VG 200 FPS →
			END OF BURN.
168:30	O	2 MIN	6 FPS SUN GLINT ON WATER CONT OF AFRICA
167:06	O	5 MIN	AFRICA 6 FPS 250/11
171:08:16	T	15 MIN	SWEEP ACROSS U.S. & OUT OVER OF ISLANDS - OBLIQUE TO
			NORTH ~ 30° BELOW HORIZON
171:23:16	V		75MM 6 FPS f11/250
209:28:00	S	1 MIN	NORTHERN AUSTRALIA 6 FPS f56 1/125
216:27	S		STRIP ACROSS U.S.
216:40	S		SUNGLINT ON OCEAN

PHOTO LOG
16mm (CEX368, CIN168)

START GET	MAG	FT	REMARKS (f, t, LENS, FPS)

SLEEP LOG

	CDR	CMP	LMP
	HRS: 3 G F (P)	HRS: 5 G (F) P	HRS: 6 G (F) P
1	HRS: 6.5 G (F) P	HRS: 7 (G) F P	HRS: 7 (G) F P
2	HRS: 7 (G) F P	HRS: 6 G (F) P	HRS: 7 (G) F P
3	HRS: 4 (G) F P	HRS: 4 (G) F P	HRS: 5 G (F) P
4	HRS: 8 (G) F P	HRS: 8 (G) F P	HRS: 8 (G) F P
5	HRS: 9 (G) F P	HRS: 8 (G) F P	HRS: 9 (G) F P
6	HRS: 8.5 (G) F P	HRS: 7.5 (G) F P	HRS: 8.5 (G) F P
7	HRS: 9 (G) F P	HRS: 9 (G) F P	HRS: 8 1/2 (G) F P
8	HRS: ____ G F P	HRS: ____ G F P	HRS: 6 1/2 G F P
9	HRS: ____ G F P	HRS: ____ G F P	HRS: ____ G F P
10	HRS: ____ G F P	HRS: ____ G F P	HRS: ____ G F P
	HRS: ____ G F P	HRS: ____ G F P	HRS: ____ G F P

LMP EXERCISE LOG

GET	127:30	141:20	
TYPE:	ARM & LEG	ARM & LEG	BROKE
DURATION:	10 MIN	10 MIN	EXERCISER
GET			
TYPE:			
DURATION:			
GET			
TYPE:			
DURATION:			
GET			
TYPE:			
DURATION:			
GET			
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DURATION:			
GET			
TYPE:			
DURATION:			
GET			
TYPE:			
DURATION			
GET			
TYPE:			
DURATION:			

NOV 26, 1968

WATER COUNT

CDR DAY 1

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP DAY 1

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP WASE DAY 1

X	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CDR DAY 2

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP DAY 2

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP WASE DAY 2

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CDR DAY 3

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP DAY 3

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP WASE DAY 3

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CDR DAY 4

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP DAY 4

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP WASE DAY 4

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

WATER COUNT

CDR — DAY 5

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP — DAY 5

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP WASE — DAY 5

~~1~~	~~2~~	~~3~~	~~4~~	~~5~~	~~6~~	~~7~~	~~8~~	~~9~~	10
~~11~~	~~12~~	~~13~~	~~14~~	~~15~~	~~16~~	~~17~~	~~18~~	~~19~~	20
~~21~~	~~22~~	~~23~~	~~24~~	~~25~~	~~26~~	~~27~~	~~28~~	~~29~~	30
~~31~~	~~32~~	~~33~~	~~34~~	~~35~~	~~36~~	~~37~~	~~38~~	~~39~~	40
~~41~~	~~42~~	~~43~~	~~44~~	~~45~~	~~46~~	~~47~~	~~48~~	~~49~~	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CDR — DAY 6

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP — DAY 6

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP WASE — DAY 6

~~1~~	~~2~~	~~3~~	~~4~~	~~5~~	~~6~~	~~7~~	~~8~~	~~9~~	~~10~~
~~11~~	~~12~~	~~13~~	~~14~~	~~15~~	~~16~~	~~17~~	~~18~~	~~19~~	~~20~~
~~21~~	~~22~~	~~23~~	~~24~~	~~25~~	~~26~~	~~27~~	~~28~~	~~29~~	~~30~~
~~31~~	~~32~~	~~33~~	~~34~~	~~35~~	~~36~~	~~37~~	~~38~~	~~39~~	~~40~~
~~41~~	~~42~~	~~43~~	~~44~~	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CDR — DAY 7

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

I SMASH SOFT

CMP — DAY 7

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP WASE — DAY 7

~~1~~	~~2~~	~~3~~	~~4~~	~~5~~	~~6~~	~~7~~	~~8~~	~~9~~	~~10~~
~~11~~	~~12~~	~~13~~	~~14~~	~~15~~	~~16~~	~~17~~	~~18~~	~~19~~	~~20~~
~~21~~	~~22~~	~~23~~	~~24~~	~~25~~	~~26~~	~~27~~	~~28~~	~~29~~	~~30~~
~~31~~	~~32~~	~~33~~	~~34~~	~~35~~	~~36~~	~~37~~	~~38~~	~~39~~	~~40~~
~~41~~	~~42~~	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CDR — DAY 8

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP — DAY 8

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP — DAY 8

~~1~~	~~2~~	3	4	5	6	7	8	9	10
~~11~~	~~12~~	13	14	15	16	17	18	19	20
~~21~~	~~22~~	23	24	25	26	27	28	29	30
~~31~~	~~32~~	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

WATER COUNT

CDR — DAY 9

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP — DAY 9

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP — DAY 9

~~1~~	~~2~~	~~3~~	~~4~~	~~5~~	~~6~~	~~7~~	~~8~~	~~9~~	~~10~~
~~11~~	~~12~~	~~13~~	~~14~~	~~15~~	~~16~~	~~17~~	~~18~~	~~19~~	~~20~~
~~21~~	~~22~~	~~23~~	~~24~~	~~25~~	~~26~~	~~27~~	~~28~~	~~29~~	~~30~~
~~31~~	~~32~~	~~33~~	~~34~~	~~35~~	~~36~~	~~37~~	~~38~~	~~39~~	~~40~~
~~41~~	~~42~~	~~43~~	~~44~~	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

1 LAM SOFT

CDR — DAY 10

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP — DAY 10

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP — DAY 10

~~1~~	~~2~~	~~3~~	~~4~~	~~5~~	~~6~~	~~7~~	~~8~~	~~9~~	~~10~~
~~11~~	~~12~~	~~13~~	~~14~~	~~15~~	~~16~~	~~17~~	~~18~~	~~19~~	~~20~~
~~21~~	~~22~~	~~23~~	~~24~~	~~25~~	~~26~~	~~27~~	~~28~~	~~29~~	~~30~~
~~31~~	~~32~~	~~33~~	~~34~~	~~35~~	~~36~~	~~37~~	~~38~~	~~39~~	40
~~41~~	~~42~~	~~43~~	~~44~~	~~45~~	~~46~~	~~47~~	~~48~~	~~49~~	~~50~~
~~51~~	~~52~~	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CDR — DAY 11

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP — DAY 11

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP — DAY 11

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CDR — DAY 12

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

CMP — DAY 12

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LMP — DAY 12

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

LOG PORTION REMAINING

APOLLO IX - McDivitt (Red Velcro)

	DAY 5	DAY 6	DAY 7	DAY 8
A	Peaches Bacon Squares (8) 9 Cinn Tstd Bread Cubes (8) Grapefruit Drink 9 Orange Drink 9	Canadian Bacon & Applesauce 7 Sugar Coated Corn Flakes 7 Brownies (8) 8 Grapefruit Drink 7 Grape Drink 7	Fruit Cocktail 8 Bacon Squares (8) 7 8 Cinn Tstd Bread Cubes (8) 8 Cocoa Orange Drink 7 8	Sausage Patties Peaches Bacon Squares 10 Cocoa Grape Drink 10
B	Salmon Salad Chicken & Gravy Toasted Bread Cubes (6) Sugar Cookie Cubes (6) Cocoa	Tuna Salad Chicken & Vegetables 9 Cinn Tstd Bread Cubes (8) Pineapple Fruitcake (4) 8 Pineapple-Grapefruit Drink	Cream of Chicken Soup 7 Beef Pot Roast Toasted Bread Cubes (8) Butterscotch Pudding 7 8 Grapefruit Drink 7 8	Pea Soup 9 Chicken & Gravy Cheese Sandwiches (6) 8 Bacon Squares (6) 8 Grapefruit Drink 8
C	Beef & Gravy Beef Sandwiches (4) Cheese-Cracker Cubes (8) Chocolate Pudding Orange-Grapefruit Drink	Spaghetti & Meat Sauce 7 8 Beef Bites (6) 8 8 Bacon Squares (6) Banana Pudding 7 8 Grapefruit Drink 7 8	Beef Hash 10 9 Chicken Salad Turkey Bites (6) Graham Cracker Cubes (6) Orange Drink 7	Shrimp Cocktail 7 8 Beef & Vegetables 8 Cinn Tstd Bread Cubes (8) 8 Date Fruitcake (4) Orange-Grapefruit Drink 8

LOG PORTION REMAINING APOLLO IX - McDivitt (Red Velcro)

	DAY 9		DAY 10		DAY 11	
A	Peaches		Canadian Bacon & Applesauce		Fruit Cocktail	
	Bacon Squares (8) 9		Sugar Coated Corn Flakes		Bacon Squares (8)	
	Cinn Tstd Bread Cubes (8)		Brownies (8)		Cinn Tstd Bread Cubes (8)	
	Grapefruit Drink 9		Grapefruit Drink 10		Cocoa	
	Orange Drink 9		Grape Drink		Orange Drink	
B	Salmon Salad 9 10		Tuna Salad		Cream of Chicken Soup	
	Chicken & Gravy 9		Chicken & Vegetables		Beef Pot Roast	
	Toasted Bread Cubes (6)		Cinn Tstd Bread Cubes (8)		Toasted Bread Cubes (8)	
	Sugar Cookie Cubes (6)		Pineapple Fruitcake (4) 10		Butterscotch Pudding	
	Cocoa 10		Pineapple-Grapefruit Drink 10		Grapefruit Drink	
C	Beef & Gravy		Spaghetti & Meat Sauce		Beef Hash	
	Beef Sandwiches (4) 9		Beef Bites (6)		Chicken Salad	
	Cheese-Cracker Cubes (8) 10		Bacon Squares (6) 10		Turkey Bites (6)	
	Chocolate Pudding		Banana Pudding 10		Graham Cracker Cubes (6)	
	Orange-Grapefruit Drink 9		Grapefruit Drink 10		Orange Drink	

LOG PORTION REMAINING

APOLLO IX - Scott (White Velcro)

	DAY 1*		DAY 2		DAY 3		DAY 4	
A			Canadian Bacon & Applesauce	2	Fruit Cocktail		Sausage Patties	4
			Sugar Coated Corn Flakes		Bacon Squares (8)	3	Peaches	
			Brownies (8)	2	Cinn Tstd Bread Cubes (8)		Bacon Squares (8)	4
			Grapefruit Drink	2	Cocoa	3	Grape Drink	4
			Grape Drink	2	Orange Drink	3	Cocoa	4
B	Salmon Salad	1	Tuna Salad	2	Cream of Chicken Soup	3	Pea Soup	
	Chicken & Gravy	1	Chicken & Vegetables	2	Beef Pot Roast	3	Chicken & Gravy	4
	Toasted Bread Cubes (6)		Cinn Tstd Bread Cubes (8)		Toasted Bread Cubes (8)		Cheese Sandwiches (6)	4
	Sugar Cookie Cubes (6)	1	Pineapple Fruitcake (4)		Butterscotch Pudding	3	Bacon Squares (6)	5
	Cocoa	1	Pineapple-Grapefruit Drink	2	Grapefruit Drink	3	Grapefruit Drink	4
C	Beef & Gravy	1	Spaghetti & Meat Sauce	2	Beef Hash	3	Shrimp Cocktail	5
	Beef Sandwiches (4)	1	Beef Bites (6)		Chicken Salad	3	Beef & Vegetables	5
	Cheese-Cracker Cubes (8)		Bacon Squares (6)		Turkey Bites (6)		Cinn Tstd Bread Cubes (8)	
	Chocolate Pudding	1	Banana Pudding	2	Graham Cracker Cubes (6)		Date Fruitcake (4)	
	Orange-Grapefruit Drink	1	Grapefruit Drink	2	Orange Drink	3	Orange-Grapefruit Drink	5

*Day 1 consists of Meals B and C only
Each crewmember will be provided with a total of 32 meals

LOG PORTION REMAINING

APOLLO IX - Scott (White Velcro)

	~~DAY 6~~ DAY 6		~~DAY 6~~ DAY 7		DAY 7		DAY 8	
A	Peaches	6	Canadian Bacon & Applesauce	7	Fruit Cocktail	8	Sausage Patties	
	Bacon Squares (8)	6	Sugar Coated Corn Flakes	7	Bacon Squares (8)	8	Peaches	
	Cinn Tstd Bread Cubes (8)	5	Brownies (8)		Cinn Tstd Bread Cubes (8)		Bacon Squares (8)	
	Grapefruit Drink	6	Grapefruit Drink	7	Cocoa	7	Grape Drink	
	Orange Drink	6	Grape Drink	7	Orange Drink	8	Cocoa	8
B	Salmon Salad	6	Tuna Salad	7	Cream of Chicken Soup	8	Pea Soup	8
	Chicken & Gravy	6	Chicken & Vegetables	7	Beef Pot Roast		Chicken & Gravy	8
	Toasted Bread Cubes (6)		Cinn Tstd Bread Cubes (8)		Toasted Bread Cubes (8)		Cheese Sandwiches (6)	8
	Sugar Cookie Cubes (6)	6	Pineapple Fruitcake (4)		Butterscotch Pudding	8	Bacon Squares (6)	
	Cocoa	6	Pineapple-Grapefruit Drink	7	Grapefruit Drink	8	Grapefruit Drink	9
					Tuna Salad	8		
C	Beef & Gravy	6	Spaghetti & Meat Sauce	6	Beef Hash		Shrimp Cocktail	
	Beef Sandwiches (4)	6	Beef Bites (6)		Chicken Salad	8	Beef & Vegetables	
	Cheese-Cracker Cubes (8)	6	Bacon Squares (6)	7	Turkey Bites (6)		Cinn Tstd Bread Cubes (8)	
	Chocolate Pudding	6	Banana Pudding	7	Graham Cracker Cubes (6)		Date Fruitcake (4)	
	Orange-Grapefruit Drink	6	Grapefruit Drink	7	Orange Drink	8	Orange-Grapefruit Drink	9
					CHICKEN SOUP	8		
					BROWNIES	8		

LOG PORTION REMAINING

APOLLO IX - Scott (White Velcro)

	DAY 9		DAY 10		DAY 11	
A	Peaches		Canadian Bacon & Applesauce		Fruit Cocktail	
	Bacon Squares (8)		Sugar Coated Corn Flakes		Bacon Squares (8)	
	Cinn Tstd Bread Cubes (8)		Brownies (8)		Cinn Tstd Bread Cubes (8)	
	Grapefruit Drink		Grapefruit Drink		Cocoa	
	Orange Drink	9	Grape Drink		Orange Drink	
B	Salmon Salad	9	Tuna Salad	9	Cream of Chicken Soup	
	Chicken & Gravy	9	Chicken & Vegetables	9	Beef Pot Roast	
	Toasted Bread Cubes (6)		Cinn Tstd Bread Cubes (8)		Toasted Bread Cubes (8)	
	Sugar Cookie Cubes (6)		Pineapple Fruitcake (4)		Butterscotch Pudding	
	Cocoa	9	Pineapple-Grapefruit Drink		Grapefruit Drink	
C	Beef & Gravy		Spaghetti & Meat Sauce	9	Beef Hash	
	Beef Sandwiches (4)		Beef Bites (6)		Chicken Salad	
	Cheese-Cracker Cubes (8)		Bacon Squares (6)		Turkey Bites (6)	
	Chocolate Pudding		Banana Pudding	9	Graham Cracker Cubes (6)	
	Orange-Grapefruit Drink	9	Grapefruit Drink		Orange Drink	
	PEA Soup	9				

LOG PORTION REMAINING

APOLLO IX - Schweickart (Blue Velcro)

	DAY 1		DAY 2		DAY 3		DAY 4	
A			Canadian Bacon & Applesauce		Fruit Cocktail	✓	Sausage Patties	✓
			Sugar Coated Corn Flakes	1/2	Bacon Squares (8)	1/2	Peaches	✓
			Brownies (8)		Cinn Tstd Bread Cubes (8)		Bacon Squares (8)	✓
			Grapefruit Drink	✓	Cocoa		Cocoa	✓
			Grape Drink	✓	Orange Drink	✓	Grape Drink	✓
B	Salmon Salad	✓	Tuna Salad	✓	Cream of Chicken Soup		Pea Soup	
	Chicken & Gravy		Chicken & Vegetables	✓	Beef Pot Roast		Chicken & Gravy	
	Toasted Bread Cubes (6)		Cinn Tstd Bread Cubes (8)		Toasted Bread Cubes (8)	✓	Cheese Sandwiches (6)	
	Sugar Cookie Cubes (6)		Pineapple Fruitcake (4)	✓	Butterscotch Pudding		Bacon Squares (6)	
	Cocoa		Pineapple-Grapefruit Drink	✓	Grapefruit Drink	✓	Grapefruit Drink	✓
C	Beef & Gravy	✓	Spaghetti & Meat Sauce		Beef Hash		Spaghetti and Meat Sauce	
	Beef Sandwiches (4)		Beef Bites (6)		Chicken Salad		Beef & Vegetables	
	Cheese-Cracker Cubes (8)	✓	Bacon Squares (6)		Turkey Bites (6)		Cinn Tstd Bread Cubes (8)	
	Chocolate Pudding		Banana Pudding		Graham Cracker Cubes (6)		Date Fruitcake (4)	✓
	Orange-Grapefruit Drink	✓	Grapefruit Drink		Orange Drink	✓	Orange-Grapefruit Drink	✓

*Day 1 consists of Meals B and C only
Each crewmember will be provided with a total of 32 meals

LOG PORTION REMAINING

APOLLO IX - Schweickart (Blue Velcro)

	DAY 5		DAY 6		DAY 7		DAY 8	
A	Peaches	✓	Canadian Bacon & Applesauce	7	Fruit Cocktail	8	Sausage Patties	8
	Bacon Squares (8)		Sugar Coated Corn Flakes	7	Bacon Squares (8)		Peaches	8
	Cinn Tstd Bread Cubes (8)	✓	Brownies (8)		Cinn Tstd Bread Cubes (8)		Bacon Squares (8)	
	Grapefruit Drink	✓	Grapefruit Drink	7	Cocoa	8	Cocoa	
	Orange Drink		Grape Drink	7	Orange Drink	8	Grape Drink	8
B	Salmon Salad		Tuna Salad		Cream of Chicken Soup		Pea Soup	
	Chicken & Gravy		Chicken & Vegetables		Beef Pot Roast		Chicken & Gravy	
	Toasted Bread Cubes (6)		Cinn Tstd Bread Cubes (8)		Toasted Bread Cubes (8)		Cheese Sandwiches (6)	
	Sugar Cookie Cubes (6)		Pineapple Fruitcake (4)	8	Butterscotch Pudding		Bacon Squares (6)	
	Cocoa		Pineapple-Grapefruit Drink	7	Grapefruit Drink		Grapefruit Drink	
C	Beef & Gravy		Spaghetti & Meat Sauce	7	Beef Hash		Spaghetti and Meat Sauce	9
	Beef Sandwiches (4)		Beef Bites (6)		Chicken Salad		Beef & Vegetables	
	Cheese-Cracker Cubes (8)		Bacon Squares (6)	7	Turkey Bites (6)		Cinn Tstd Bread Cubes (8)	
	Chocolate Pudding		Banana Pudding	7	Graham Cracker Cubes (6)		Date Fruitcake (4)	9
	Orange-Grapefruit Drink	✓	Grapefruit Drink	7	Orange Drink	9	Orange-Grapefruit Drink	

LOG PORTION REMAINING

APOLLO IX - Schweickart (Blue Velcro)

	DAY 9		DAY 10		DAY 11	
A	Peaches	9	Canadian Bacon & Applesauce	10	Fruit Cocktail	9
	Bacon Squares (8)	9	Sugar Coated Corn Flakes	10	Bacon Squares (8)	10
	Cinn Tstd Bread Cubes (8)		Brownies (8)		Cinn Tstd Bread Cubes (8)	
	Grapefruit Drink	9	Grapefruit Drink	10	Cocoa	
	Orange Drink	9	Grape Drink	10	Orange Drink	10
			PEACHES	10		
			FRUIT COCKTAIL	10		
B	Salmon Salad		Tuna Salad		Cream of Chicken Soup	
	Chicken & Gravy		Chicken & Vegetables		Beef Pot Roast	
	Toasted Bread Cubes (6)		Cinn Tstd Bread Cubes (8)		Toasted Bread Cubes (8)	
	Sugar Cookie Cubes (6)		Pineapple Fruitcake (4)	9	Butterscotch Pudding	
	Cocoa		Pineapple-Grapefruit Drink		Grapefruit Drink	
			PINEAPPLE FRUIT	10		
C	Beef & Gravy		Spaghetti & Meat Sauce		Beef Hash	
	Beef Sandwiches (4)		Beef Bites (6)		Chicken Salad	
	Cheese-Cracker Cuves (8)		Bacon Squares (6)		Turkey Bites (6)	
	Chocolate Pudding		Banana Pudding		Graham Cracker Cubés (6)	
	Orange-Grapefruit Drink		Grapefruit Drink		Orange Drink	

126:00 FILM SUMMARY

70MM		REMAINING.	16MM		REMAINING
SCM	(A)	51	(H)		0
	(B)	39	(I)		.8
	(C)	95	(J)		1.0
	(D)	150	(K)		0
	(E)	100	(L)		0
		535	(M)		0
LM FILM			(N)		0
	(F)	11	(O)		.8
	(G)	60	(P)		.3
		71	(Q)		1.0
CR TOT		606 FMS	(R)		0
			(U)		.2
			(V)		1.0
			(W)		1.0
					5.1 MAGS
			LM (S)		0
			(T)		1.0
					1.0 MAGS
			CR TOT		6.1 MAGS

CO_2 FLTR

CO_2 FILTER CHANGE SCHEDULE

CHANGE NO.	G.E.T.		CAN	REMOVE FILTER NO.	STOW	INSTALL FILTER NO.
	NOM	ACTUAL				
1	06:20	:	A	1*	B5	3
2	20:30	:	B	2	B5	4
3	30:00	:	A	3	B5	5
4	44:00	:	B	4	B5	6
5	54:40	:	A	5	B6	7
6	68:00	:	B	6	B6	8
7	77:20	:	A	7	B6	9
8	91:30	:	B	8*	B6	10
9	102:10	:	A	9*	A3	11
10	116:00	:	B	10	A3	12
11	126:00	:	A	11	A3	13
12	140:00	:	B	12	A3	14
13	150:00	:	A	13	A4	15
14	164:00	:	B	14	A4	16
15	174:00	:	A	15	A4	17
16	188:00	:	B	16	A4	18
17	198:00	:	A	17	A6	19
18	212:00	:	B	18	A6	20
19	222:00	:	A	19	B5	1
20	236:00	:	B	20	B6	8
			A	1	A3	9

NOTE:*

FILTERS 1, 8 & 9 ARE TO BE RE-USED

CO_2 FLTR