

Crew off Duty.***HAPPY NEW YEAR! !!***

GMT	CREW	ACTIVITY ⁷
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:15-10:45	CDR	Physical Exercise (TVIS)
10:45-11:45		Physical Exercise (RED)
10:45-12:15	FE-1	Physical exercise (TVIS), Day 1
12:25-12:40		Private family conference (<i>Ku + S-band</i>)
13:25-13:30		On MCC GO ISS repress with O2 from Progress 354 CpПK (start) ⁷
13:30-14:30	.	LUNCH
14:30-15:00	CDR	COX maintenance
14:30-14:35	FE-1	ISS O2 repress from Progress 354 CpПK (termination) ⁷
15:00-15:25		VOLNY [WAVES]. Hardware activation. <i>Tagup with specialists (S-band + VHF)</i> ⁷
15:50-15:55	CDR	Setting up HAM radio
15:55-16:05		HAM radio session
17:10-18:10	FE-1	Physical Exercise (VELO + RED) - day 1
18:10-18:15	CDR	Transferring TVIS, RED, and HRM data to MEC
18:15-18:45	.	Daily plan review
18:45-18:55	.	Report prep
18:55-19:10	.	Daily planning conference (<i>S-band</i>)
19:10-19:30	.	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
Task List	FE-1	GCF-JAXA. TBY incubator temperature check ⁷
		Search for power supply unit (БП) for CKB2 ⁷

Note: See OSTP for references to US activities.

End of Radiogram