

**CREW OFF-DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:30-11:00	CDR	Physical exercise (CEVIS)
10:30-12:00	FE-1	Physical Exercise (TVIS), day 2
11:00-12:00	CDR	Physical exercise (RED)
12:10-12:30	FE-1	Christmas greetings. Conference with Patriarch Alexy II (VHF)
12:30-12:35	FE-1	<b>On MCC Go</b> ISS O2 repress from Progress 354 CpПК (start)
12:35-13:35		LUNCH
13:35-13:40	FE-1	ISS O2 repress from Progress 354 CpПК (terminate)
17:55-18:25	FE-1	COЖ maintenance
18:25-19:25	FE-1	Physical Exercise (VELO + RED) day 2
19:20-19:25	CDR	BCAT-3: camera checkout
19:25-19:30	CDR	Transferring TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY incubator temperature check
		Search for CKB2 Power Supply Unit (БП)

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

End of Radiogram