

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-08:30	CDR	Physical Exercise (CEVIS)
08:30-10:00	CDR	Physical Exercise (RED)
10:00-10:15	FE-1	Private conference. Christmas Greetings. Telephone Conference with Patriarch Alexis II (<i>S-band</i>)
11:20-11:40	FE-1	Private Family Conference (<i>Ku + S-band</i>)
12:00-13:00	FE-2	Physical Exercise (CEVIS)
12:55-13:00	FE-1	On MCC Go ISS O2 repress from Progress 362 CpПK (start)
13:00-14:00	.	LUNCH
14:00-14:05	FE-1	ISS O2 repress from Progress 362 CpПK (terminate)
15:00-16:30	FE-2	Physical Exercise (RED)
15:05-15:45	FE-1	COX maintenance
15:45-17:15	FE-1	Physical Exercise (TVIS), day 1
16:50-17:05	FE-2	Private Family Conference (<i>Ku + S-band</i>)
17:15-18:15	FE-1	Physical Exercise (VELO+RED), day 1
18:10-18:15	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:15-18:40	.	Evening work prep
18:40-18:55	.	Daily Planning Conference (<i>S-band</i>)
18:55-19:30	.	Evening work prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion

End of Radiogram