CREW OFF DUTY

| GMT | CREW | ACTIVITY |
|-------------|------|---|
| 06:00-06:05 | FE-1 | Elektron-VM Aerosol Filter Inspection |
| 06:00-06:10 | CDR | Morning Inspection |
| 06:05-06:10 | FE-1 | Morning Inspection |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 07:30-07:35 | CDR | Bisphosphonates Pill Ingestion |
| 07:30-07:35 | FE-1 | LOG file dump from RS2 Laptop (for Terminal Computing Device and MRM2 Multifunction Indicator Panel (МПИ) checkout) |
| 07:35-07:40 | CDR | REACTION Self Test |
| 07:40-08:40 | CDR | Physical Exercise T2 |
| 08:40-10:10 | CDR | Physical Exercise (ARED) |
| 10:35-10:50 | FE-1 | Private Family Conference (Ku+S-band) |
| 11:30-13:00 | FE-1 | Physical Exercise (TVIS), Day 3 |
| 13:00-14:00 | | LUNCH |
| 14:00-14:40 | FE-1 | СОЖ Maintenance. CBO, СП, and POTOK Air Purification System Data Calldowns |
| 14:00-14:05 | CDR | APEX Crew Conference |
| 16:20-16:30 | FE-1 | PAO TV Hardware Setup |
| 16:30-16:50 | FE-1 | ISS-MCC-M TV. ISS Crew address to the New Year Moscow City Hall Children Show; ISS Crew Greetings on the Power Engineer's Day (Ku+S-band) |
| 17:00-18:00 | FE-1 | Physical Exercise (VELO), Day 3 |
| 18:00-18:05 | FE-1 | Elektron-VM Aerosol Filter Inspection |
| 18:00-18:15 | CDR | Private Family Conference (Ku+S-band) |
| 18:15-18:50 | | Evening Work Prep |
| 18:50-19:05 | | Daily Planning Conference (S-band) |
| 19:05-19:30 | FE-1 | Evening Work Prep |
| 19:15-19:25 | CDR | Evening Work Prep |
| 19:25-19:30 | CDR | REACTION Self Test |
| 19:30-21:30 | | Pre-sleep |
| 21:30-06:00 | | SLEEP |
| Task List | FE-1 | PLANTS-2. Payload Status Check |
| | | ECON. Observations and Photography |
| | | SEINER Ocean Observations |

Notes:

- SM Window #9 shutter opening is at crew discretion with Report to MCC
 See OSTP for references to US activities.
 Pre-sleep: dinner, daily food prep, evening toilet
- End of Radiogram