

GMT	Crew	Activity
07:30-07:40	.	Morning inspection
07:40-08:10	.	Post-sleep
08:10-09:00	.	BREAKFAST
10:30-12:00	CDR	Physical Exercise (TVIS)
12:00-13:00		Physical Exercise (RED)
12:00-13:30	FE-1	Physical Exercise (TVIS) Day 1
13:10-13:30	CDR	CAMCORDER setup for real-time TV downlink of Christmas Lunch Onboard ISS
13:30-14:30	.	LUNCH
14:30-14:55	.	TV downlink: Christmas and New Year Greetings to the Federal Space Agency and the Federal Industry Agency <b>To=14.32, T1, T2, T3 от СПП</b>
15:25-15:45	FE-1	Meeting with friends ( <i>Ku+S-band</i> )
16:40-17:00		COЖ maintenance: voice down <i>CBO and CP</i> information
17:00-17:15	CDR	PFC ( <i>Ku+S-band</i> )
18:20-19:20	FE-1	Physical Exercise (VELO+RED) Day 1
19:20-19:50	.	DINNER
19:50-20:30	CDR	Daily food prep
19:50-20:20	FE-1	
20:20-20:45	FE-1	Pre-sleep
20:30-21:30	CDR	
20:45-20:50	FE-1	HAM Radio session setup
20:50-21:05		HAM Radio session in memory of G. M. Strekalov
21:05-21:30		Pre-sleep
21:30-06:00	.	SLEEP

**Note:** See OSTP for references to USOS activities  
End of Radiogram