

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:45-10:00	FE-1	Christmas Greetings. Conference with Patriarch Alexis II (<i>VHF</i>)
10:15-10:20	FE-2	HAM radio setup
10:20-10:30		HAM radio session
10:50-11:10	FE-1	Private Family Conference (<i>S+Ku-band</i>)
11:10-12:40		Physical Exercise (TVIS) Day 4
11:15-12:45	CDR	Physical Exercise (CEVIS)
11:45-12:45	FE-2	Physical Exercise (RED)
12:40-12:45	FE-1	On MCC Go ISS O2 repress from Progress 357 CpПК (start)
12:45-13:45	.	LUNCH
13:45-13:50	FE-1	ISS O2 repress from Progress 357 CpПК (terminate)
14:03-14:18	FE-2	Private Family Conference (<i>S+Ku-band</i>)
16:00-16:30		COЖ maintenance.
16:30-17:30	FE-1	Physical Exercise (VELO + RED) day 4
17:30-19:00	FE-2	Physical Exercise (TVIS)
18:30-19:30	CDR	Physical Exercise (RED)
19:30-20:00	CDR, FE-1	DINNER
19:30-19:52	FE-2	
19:52-20:07		Private Family Conference (<i>S+Ku-band</i>)
20:00-20:30	CDR, FE-1	Daily food prep
20:07-20:30	FE-2	
20:30-21:30	.	Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	MATRYOSHKA-R. Checking sensor data on the reader

Note: See OSTP for references to US activities.
End of Radiogram