

GMT	CREW	ACTIVITY
06:00-06:10	FE-2, FE-4	Morning Inspection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-6	ICV 3-Hour Battery Swap
06:00-06:05	FE-5	Urine Spot Test
06:00-06:05	CDR	SLEEP CDR Log Entry
06:05-06:10	FE-1 , FE-6	Morning Inspection
06:05-06:25	FE-5	FE-5 Urine Collection
06:05-06:10	CDR	PRO K Photography
06:10-07:05	CDR	BREAKFAST
06:10-06:40	FE-1 , FE-2 , FE-4 , FE-6	Post-sleep
06:25-06:30	FE-5	HRF Urine Sample Insertion into MELFI
06:30-06:55	FE-5	BREAKFAST
06:40-07:30	FE-1 , FE-2 , FE-4 , FE-6	BREAKFAST
06:55-07:05	FE-5	HRF Refrigerated Centrifuge Setup

07:05-07:20	CDR	HRF Blood Draw Operator
07:05-07:25	FE-5	HRF Blood Sample Draw Subject
07:20-07:45	CDR	Post-sleep
07:25-07:35	FE-5	Post-sleep
07:30-07:50	FE-6	Work Prep
07:35-07:45	FE-5	HRF Configure
07.33-07.43	CDR, FE-5,	
07:50-08:15	FE-6	Daily Planning Conference (S-band)
08:15-08:30	FE-6	Food Frequency Questionnaire
08:15-08:20	FE-5	HRF Refrigerated Centrifuge Spin Terminate
08:15-08:20	CDR	Configure Waste and Hygiene Compartment (WHC) for integration with EDV
08:20-09:00	CDR	Dectivation of Oxygen Generator (OGS)
08:20-08:30	FE-5	HRF Blood Sample Insertion into MELFI
08:30-08:45	FE-5	HRF Blood Collection Hardware Stowage
08:50-10:20	FE-5	Physical Exercise T 2
08:55-09:10	FE-6	Marangoni. Disconnect Cable
09:00-10:30	CDR	Physical Exercise (ARED)
09:00-09:15	FE-1, FE-2, FE-4	Christmas Greetings. Conference with Patriarch (VHF)
09:15-10:15	FE-4	Physical Exercise (VELO), Day 3
09:55-10:00	FE-6	ICV 3-Hour Battery Swap
10:00-12:00	FE-6	JEM Cleaning
10:15-11:45	FE-4	Physical Exercise (TVIS), Day 3
10:25-10:35	FE-5	Battery Stowage Assembly (BSA) Battery Recharge Terminate
10:30-11:30	CDR	Physical Exercise (CEVIS)
10:30-11:30	FE-2	Physical Exercise (ARED)
10:35-10:55	FE-5	Start BSA Battery Charge
11:05-11:20	FE-5	Food Frequency Questionnaire
11:20-11:40	FE-5	FE-5 Urine Collection
11:30-13:00	FE-1	Physical Exercise (TVIS), Day 2
11:30-11:35	CDR	AED TEST
11:40-11:45	FE-5	HRF Urine Sample Insertion into MELFI
11:45-13:00	CDR	CFE Hardware Setup
11:45-12:05	FE-5	HRF Urine Collection Hardware Stowage
12:00-12:35	FE-6	MI-IPU Video Recording Unit (VRU) Exchange
12:15-12:20	FE-5	ERB Battery Charge
12:25-13:00	FE-5	USOS Hatch Seal Inspection
12:40-13:00	FE-6	Integrated Cardiovascular (ICV) Ambulatory Monitoring Midpoint
13:00-14:00		LUNCH
14:00-14:40	FE-4	СОЖ Maintenance
14:00-16:15	FE-6	MSL Furnace Exchange Activity
14:00-15:15	FE-5	USOS Hatch Seal Inspection
14:00-16:00	CDR	CFE-VG1- 2 hour test

15:30-17:00	FE-2	Physical Exercise (TVIS), Day 2
15:30-15:35	FE-5	Cupola Window Shutter Close
15:40-15:50	FE-5	CFE Equipment Setup Photography
16:00-17:00	CDR	CWC-I Degas
16:15-17:15	FE-6	Physical Exercise (CEVIS)
17:00-18:00	FE-1	Physical Exercise (VELO), Day 2
17:10-17:15	FE-5	ERB Battery Charge
17:15-18:45	FE-6	Physical Exercise (ARED)
17:15-17:20	CDR	WHC Deactivation
17:20-17:50	CDR	CFE Teardown
17:20-17:55	FE-5	Evening Work Prep
17:50-17:55	CDR	WHC Activation
17:55-18:55	FE-5	Physical Exercise (CEVIS)
18:00-18:05	FE-1	Elektron-VM Aerosol Filter Inspection
18:35-18:55	CDR	Evening Work Prep
18:45-18:55	FE-6	Evening Work Prep
18:55-19:20	CDR, FE-5, FE-6	Daily Planning Conference (S-band)
19:20-19:40		Flight Director/ISS Crew Tagup
19:40-19:45	CDR	MPC Power Up
19:40-21:30	FE-1 , FE-2 , FE-4 , FE-5, FE-6	Pre-sleep
19:45-21:25	CDR	Pre-sleep
21:25-21:30	CDR	MPC Power Down
21:30-06:00		SLEEP

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep





(Happy First Christmas Star!
Health, happiness, and success to you
and your loved ones!
May your Faith grow stronger,
Your Love multiply,
Your Hope never fall into decline,
Believe in tomorrow and your lucky star!
Merry Christmas!)

