



GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1, FE-4, FE-5, FE-6	Morning Inspection
06:00-06:05	FE-2	Elektron-VM Aerosol Filter Inspection
06:05-06:10	FE-2	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-09:00	FE-6	Physical Exercise (ARED)
08:55-09:05	FE-4	PAO Hardware Setup
09:05-09:15		Crew Prep For PAO
09:15-09:35		TV PAO event with RCC Energia, IMBP, GCTC Management. New Year Greetings (<i>Ku+S-band</i>)
09:35-10:35	FE-1	Physical Exercise (VELO), Day 3
09:45-09:50	CDR	MERLIN hardware status and temperature check
10:35-10:55	FE-4	Troubleshooting to investigate the reason why Soyuz 230 DM gas analyzer blows power line fuses. <i>Tagup with specialists (S-band)</i>
10:55-11:15		TV PAO event with RCC Energia, IMBP, GCTC Management. New Year Greetings (<i>Ku+S-band</i>)
11:20-12:20	FE-2	Physical Exercise (VELO), Day 3
11:25-11:35	FE-5	ESA Video Equipment Setup and Recording
12:10-12:15	FE-5	Stowage of ESA Video Equipment
12:20-12:50	.	Weekly Planning Conference (<i>S-band</i>)
13:00-14:00	.	LUNCH
14:00-14:15	FE-6	Food Frequency Questionnaire
14:15-14:50	FE-6	EHS MCD Water Processing
14:30-15:10	FE-1	COЖ Maintenance
15:25-15:30	FE-5	Set up video equipment to record ARED exercise
15:30-17:00	FE-5	Physical Exercise (ARED)

15:30-17:00	FE-1	Physical Exercise (TVIS), Day 3
15:45-16:00	CDR	Food Frequency Questionnaire
16:00-17:00	CDR	Physical Exercise T 2
17:00-18:30	FE-4	Physical Exercise (TVIS), Day 4
17:00-18:30	CDR	Physical Exercise (ARED)
17:00-17:05	FE-5	Stow Video Equipment Used for ARED Exercise Video
17:05-18:05	FE-5	Physical Exercise T 2
17:55-18:00	FE-2	Elektron-VM Aerosol Filter Inspection
18:00-19:30	FE-2	Physical Exercise (TVIS), Day 3
18:05-19:05	FE-6	Physical Exercise T 2
18:30-19:30	FE-4	Physical Exercise (ARED)
19:05-19:25	CDR	BCAT5 Camera Check Without SSC
19:30-19:35	CDR	MPC Power Up
19:30-21:30	FE-1, FE-2, FE-4, FE-5, FE-6	Pre-sleep
19:35-21:25	CDR	Pre-sleep
21:25-21:30	CDR	MPC Power Down
21:30-06:00	.	SLEEP
Task list	FE-1	SEINER Ocean Observations
	FE-2	URAGAN. Observations and Photography
	FE-4	ECON. Observations and Photography

Notes:

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

NOTE	
	<p><i>The clock is ticking, the days are running This is the nature's the law Today we have a desire To wish you a Happy New Year! With glasses clinking, Whether surrounded by family or not May the New Year bring you Good health and happiness to last for 100 years!</i></p>



End of Radiogram