

Crew rest. Comm checks

GMT	Crew	Activity
06:00-06:10	FE-2	Перезагрузка RSS1, RSS2
06:00-06:10	CDR	Morning inspection
06:00-06:10	FE-1	Morning inspection Laptop RS2(1) reboot
06:10-06:40		Post-sleep
06:40-07:30	FE-2	Breakfast ПСС panel testing in SM (after breakfast)
06:40-07:30	CDR,FE-1	Breakfast
07:30-10:30	FE-1	Weekly housekeeping SM fans (group E) preventive maintenance FGB fan ЦВ2 cleaning CKB inspection БМП fan grille cleaning
07:30-10:30	CDR	Weekly housekeeping
07:30-10:30	FE-2	Weekly housekeeping
10:30-10:35	CDR	CGBA - status check
10:35-10:45	CDR	CIR guides installation
10:40-10:55	FE-2	PFC (<i>Ku+S-band, S/G2, S/G1-backup</i>)
11:00-12:00	CDR	PE T2
11:00-12:00	FE-1	PE Velo-1
11:25-12:40	FE-2	PE TVIS-4
12:00-12:15	CDR	ARED – flywheel cylinder removal
12:10-12:20	FE-1	Soyuz VHF2 check via Groundstation #33 <i>Tagup (YKB)</i>
12:15-13:45	CDR	PE ARED
13:45-14:15		Weekly Planning conference (<i>S-band</i>)
14:15-15:15		Midday meal
15:15-15:25	CDR	Food Questionaire
15:15-15:55	FE-2	COЖ Maintenance. Check presence of dry wipes packs Xm4.160.603-02 (CO1, CTB №1341 (CTB00007J), bag 416-17 (00059124R). Report to MCC-M the quantity of packs
15:25-15:35	FE-1	SM VHF1 check via Groundstation #33 <i>Tagup (YKB)</i>
15:55-16:05	FE-1	PAO hw preparation
16:05-16:15	FE-1,FE-2	PAO crew preparation
16:15-16:30	FE-1,FE-2	TV Б-Ц Video-greeting for Defence Ministry Counsel of partner states; Video-greeting for runner-ups and winners of National Competition “The Musical Heart of Theater” (<i>Ku+S-band</i>)
17:00-17:10	FE-1	SM VHF2 check via Groundstation #33 <i>Tagup (YKB)</i>
18:00-19:15	FE-2	PE ARED
18:00-19:30	FE-1	PE TVIS-1

19:15-19:30	CDR	Commander fills questionnaire
19:30-21:30		Pre-sleep
21:30-06:00		Sleep
Task List	FE-1,FE-2	EKON-M. Observation and photo
		URAGAN. Observation and photo
		SEYNER. World ocean study
		SKK. Cartridge photo
		Recording New Year best-wishes for "Time to Fly in Space" program, TV-channel "Karusel".

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: Dinner, Daily food prep, pre-sleep)
- 4. Russian crew uses US exercise equipment strictly per F24 or OSTPV**