Progress 403 / DC1 Interface Leak Check. Attitude Control Thruster [ДО] Inhibit.

GMT	CREW	ACTIVITY
06:00-06:05	CDR,FE-5	Bisphosphonates Pill Ingestion
06:00-06:10	FE-1	Morning Inspection
06:00-06:05	FE-4	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-6	REACTION Self Test
06:05-06:10	CDR,FE-5	REACTION Self Test
06:05-06:15	FE-4 ,FE-6	Morning Inspection
06:10-06:20	CDR,FE-5	Morning Inspection
06:10-06:40	FE-1	Post-sleep
06:15-06:45	FE-4 ,FE-6	Post-sleep
06:20-06:50	CDR,FE-5	Post-sleep
06:40-07:30	FE-1	BREAKFAST
06:45-07:35	FE-4 ,FE-6	BREAKFAST
06:50-07:40	CDR,FE-5	BREAKFAST
08:45-09:15	FE-1,FE-4	Orlan and BCC Storage Mode Ops
09:00-10:00	FE-6	Physical Exercise T2
09:15-10:30	FE-4	On MCC GO Progress 403 and DC1 Interface Leak Check
10:00-11:30	FE-6	Physical Exercise (ARED)
10:30-10:50	FE-1,FE-4	On MCC GO Open DC1-CY and CY-Progress Transfer Hatches
10:50-11:10	FE-1,FE-4	On MCC GO Install Quick Release Screw Clamps
11:10-11:55	FE-4	Progress 403 deactivation, air duct installation
11:15-11:30	FE-5	Private Family Conference (Ku+S-band)
11:30-13:00	CDR	Physical Exercise (ARED)
11:30-13:00	FE-1	Physical Exercise (TVIS), Day 3
12:15-12:30	FE-4	Private Family Conference (Ku+S-band)
13:00-14:00		LUNCH
14:00-14:15	FE-1	Soyuz 226 IRIDIUM Phone Charging Setup, Start Charge
14:00-14:40	FE-4	СОЖ Maintenance. SM and FGB SVO, СП (Flush Counter), and POTOK Air Purification System Data Calldowns. Inspection of CPB-K2M hoses from MΦ-P up to БРПК separator
14:25-14:30	FE-1	Soyuz 226 IRIDIUM Phone Charging Status Check
14:30-14:40	FE-1	Soyuz 226 IRIDIUM Phone Charging, Terminate Charge, Stow Phone
14:40-14:55	FE-1	Private Family Conference (Ku+S-band)
14:40-14:55	FE-4	Soyuz 227 IRIDIUM Phone Charging, Phone Setup, Charge Start
15:05-15:10	FE-4	Soyuz 227 IRIDIUM Phone Charging Status Check
15:10-15:20	FE-4	Soyuz 227 IRIDIUM Phone Charging, Terminate Charge, Stow Telephone, Cleanup
15:25-16:55	FE-5	Physical Exercise (ARED)
15:25-16:25	FE-1	Progress 403 Docking Mechanism Removal
16:00-16:15	FE-6	Private Family Conference (Ku+S-band)
16:10-17:40	FE-4	Physical Exercise (TVIS), Day 4
16:25-17:25	FE-1	Physical Exercise (VELO), Day 3

16:55-17:55	FE-5	Physical Exercise T 2
17:40-18:40	FE-4	Physical Exercise (ARED)
18:15-18:50	CDR, FE-1 , FE-5,FE-6	Evening Work Prep
18:45-18:50	FE-4	Elektron-VM Aerosol Filter Inspection
18:50-19:15		Daily Planning Conference (S-band)
19:15-19:30		Evening Work Prep
19:30-21:25	CDR,FE-6	Pre-sleep
19:30-21:30	FE-1,FE-4	Pre-sleep
19:30-20:30	FE-5	Pre-sleep
20:30-20:45	FE-5	Private Family Conference (Ku+S-band)
20:45-21:25	FE-5	Pre-sleep
21:25-21:30	CDR,FE-5,FE-	REACTION Self Test
21:30-06:00		SLEEP
Task List	FE-1,FE-4	ECON. Observations and Photography
		SEINER Ocean Observations
	FE-1	PLANTS-2. Payload Status Check

Notes:

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