

Ladies' Daily Adulting Manifest

ALL ADULTS PRESENT AND ACCOUNTED FOR

Before Work

A LADY IS FIT BEFORE SHE IS FANCY

THE EIGHT O' CLOCK HOUR

- Monday** | A morning of rest and relaxation
May we suggest a face mask or a gentle soak?
- Tuesday** | 3 sun salutations, 10 leg lifts, 30 bridges, light cardio
- Wednesday** | 5 sun salutations, 2x 20 squats, 2x 20 lateral pull-downs
- Thursday** | 5 sun salutations, 10 dead bugs, 10 pushups
- Friday** | 3 sun salutations, vigorous cardio

Before Noon

BREAKFAST IS MORE IMPORTANT

THE NINE O' CLOCK HOUR

- Breakfast, prepared
- Breakfast, enjoyed
Not at your desk, darling. Somewhere else.

CLEANLINESS IS NEXT TO LADY-NESS

THE TEN O' CLOCK HOUR

- Teeth, flossed
- Teeth, brushed
- Shower, taken
- Face, washed
- Face, moisturized
- Deodorant, applied
- Underwear, fresh
- Perfume, dabbed

READY FOR ONE'S VIDEO-CALL CLOSE-UP

THE ELEVEN O' CLOCK HOUR

- Hair, done something with
- Makeup, applied
Or decided against
- Earrings, inserted

At the Lady's Discretion

SO WE EAT AGAIN

THE LUNCH HOUR

- Lunch, prepared
- Lunch, enjoyed
That's a no on the desk, darling.

KEEPING UP APPEARANCES

THE CHORE HOUR

- Monday** | An afternoon of focus and concentration
Perhaps a power playlist is in order.
- Tuesday** | Personal laundry
- Wednesday** | House laundry
- Thursday** | Little accumulated tasks
- Friday** | An afternoon of focus and concentration

FEEDING THE SOUL

THE SNACKING HOUR

- Snack, prepared
- Snack, enjoyed
Don't even think about it, darling.

Après Work

HUSH, NOW

THE SOOTHING HOUR

- Monday** | ASMR 🧘
- Tuesday** | Face mask ✨
- Wednesday** | Reading for pleasure
- Thursday** | Bath
- Friday** | 🍷
Tanqueray; no vermouth, stirred — never shaken — served up and with a twist.