

A TYPICAL WEEKDAY

8:00am

My alarm goes off and I start getting ready for the day. I usually don't end up getting out of bed until 8:40am.

9:00am

I start work for the day by checking my email and WomenNC's social media feeds.

12:00pm

I take an hour-long break to eat lunch. If it's nice out, I will sit outside with my cats.

1:00pm

I work on tasks that don't need immediate input from my supervisor due to the difference in time zone.

4:00pm

The work day is over for me. I take an hour or so to relax and just chill out on the couch.

5:00pm

I eat a pre-walk salad and then take my dog for a 2-3 mile walk.

6:00pm

After I walk, I may or may not do a short workout. I hop in the shower and then eat dinner, often made by my sister.

7:30pm

I watch TV with my mom and sister - we just finished Schitt's Creek - and have a small snack.

9:30pm

I wind down the night by listening to an audiobook or watching some more TV and doing my bedtime routine.

11:00pm

Lights out.
