

Day	Phase	The Daily Task	The Mistress's Rule (Why you do it)	Status
PHASE 1	THE PURGE	Stripping away the "Boy"	Clean canvas only!	
1	The Clean Slate	The Grand Purge: Full body shave & exfoliation.	If it prickles, you aren't trying hard enough.	[]
2	The Clean Slate	Soften Up: Apply scented lotion morning & night.	Skin should feel like silk, not sandpaper.	[]
3	The Clean Slate	Panty Pledge: Wear only panties under clothes.	A constant, secret reminder against your skin.	[]
4	The Clean Slate	Brow Tame: Pluck strays & arch the brows.	Open up those eyes to look innocent, not angry.	[]
5	The Clean Slate	Sit Like a Lady: Knees locked tight, ankles crossed.	Take up less space. Modesty is key.	[]
6	The Clean Slate	Sleeping Beauty: Sleep in satin/nightie (no boxers!).	Wake up feeling delicate, not rough.	[]
7	The Clean Slate	Selfie Check: Photo of smooth legs/skin.	Admire your progress. Good girl.	[]
PHASE 2	MANNERS	Acting like a Lady	Behavior modification.	
8	Etiquette	Hip Swish: Practice the "tightrope walk" for 10 mins.	Hips are your steering wheel now. Wiggle them!	[]
9	Etiquette	Gentle Hands: Use fingertips, extend the pinky.	Rough hands break things; pretty hands care.	[]
10	Etiquette	Voice Softener: Raise pitch slightly for "Please/Thanks".	Low voices demand; soft voices please.	[]
11	Etiquette	The Sorry Rule: Apologize sweetly for any mistake.	Be the most polite, non-confrontational person.	[]
12	Etiquette	Gloss Test: Wear clear balm/gloss all day at home.	Don't lick it off! Be aware of your pretty mouth.	[]
13	Etiquette	Doll Diet: Water only. No soda/beer/bloating.	Keep the tummy flat and feminine.	[]
14	Etiquette	Mirror Mantra: Eye contact: "I am happier soft."	Brainwashing yourself is the path to joy.	[]
PHASE 3	SERVICE	Domestic Training	Obedience in action.	
15	Maid Duty	The Uniform: Wear your cutest outfit/apron to clean.	Cleaning is a performance. Look good doing it.	[]
16	Maid Duty	Floor Scrub: Clean one floor on hands & knees.	A humbling posture to remind you of your place.	[]
17	Maid Duty	Dusting Dance: Dust bedroom gently & thoroughly.	Care for your room like you care for your face.	[]
18	Maid Duty	Perfect Bed: Hospital corners immediately at wake up.	Discipline starts at sunrise. No lazy boys.	[]
19	Maid Duty	Lingerie Laundry: Hand-wash your delicate items.	Treat your things like treasure.	[]
20	Maid Duty	"Yes Please": Agree with all suggestions today.	Practice yielding. Let others lead you.	[]
21	Maid Duty	Cooking Challenge: Serve a meal beautifully.	Presentation is everything. A sissy nurtures.	[]
PHASE 4	LIFESTYLE	Total Acceptance	No going back.	
22	Integration	Maintenance Shave: Reshove everything (legs/chest).	Never let the stubble win. Consistency is beauty.	[]
23	Integration	Hidden Color: Clear or pink polish on toes.	A secret splash of color just for you to see.	[]
24	Integration	Nylon Hug: Wear pantyhose/tights under pants all day.	Feel the squeeze. Every step should feel girly.	[]
25	Integration	No Complaints: 24 hours of zero negativity.	Whining is ugly. Sissies radiate positivity.	[]
26	Integration	Girl Mode Lock-In: Home = Girl Mode. Immediately.	Male clothes are a costume. This is real life.	[]
27	Integration	Posture Princess: Alarms every 2hrs: "Shoulders back!"	Don't slouch! Chest out, chin up.	[]
28	Integration	Hypnosis: Listen to fem/relaxation audio at bed.	Let the subconscious accept the new you.	[]
29	Integration	Gratitude Letter: Write "Thank You" to your inner Mistress.	Gratitude is the mark of a well-trained pet.	[]
30	GRADUATION	Treat Yourself: Buy a small reward (lipstick/jewelry).	You did it! You are a new creation. Keep it up!	[]
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