

INGLES III.
HOME AND WORK ACTIVITIES.

MTRA. HEYDI JANETH CRUZ ZURITA.

PRESENTA LA ALUMNA:

MELIDA YADIRA VELAZQUEZ GONZALEZ

GRUPO, CUATRIMESTRE y MODALIDAD:

**3ER. Cuatrimestre “B” Enfermería
semiescolarizado.**

Frontera Comalapa, Chiapas

17 de mayo de 2020.

My Weekly Routine.

My name is Melida Yadira Velazquez Gonzalez. I live in the municipality of Siltepec Chiapas.

Description of my activities throughout the week.

1°- I wake at 6:00 am.

2°- I brush my teeth.

3°- I cook breakfast at 7:30 am.

4°- I wash the dishes.

5°- I do the general cleaning of the house.

6°- I take a shower at 12 pm.

7°- I study for one to two hours a day.

8°- We have lunch at 2 in the afternoon.

9°- I listen to classical music.

10°- being in social networks.

11°- I went for a walk and visited my grandparents.

12°- I watch T.V every afternoon.

13°- I practice basketball 30 minutes a day.

14°- I always go to bed at 9 at night to take a nap.