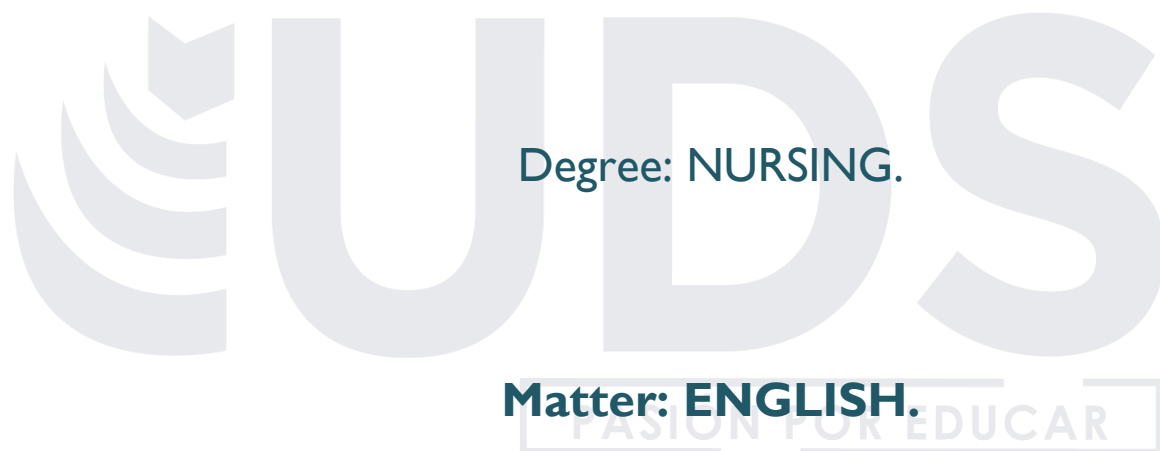




Student's name: ITALIA YOANA ESTEBAN MENDOZA.

**Teacher's name: JEZABEL IVONNE SILVESTRE
MONTEJO**



Degree: NURSING.

Matter: ENGLISH.

Job name: MY WEEKLY ROUTINE.

"Science and Knowledge"

Frontera Comalapa, Chiapas on September 12, 2020.

Hi, I'm Italy and this is my weekly routine:

I don't have an exact time to wake up but I usually get up at 7:30 or 8 in the morning, I change and sometimes I like to put on makeup, have breakfast at 8:30, then I help my mother at home or I go to the business, around 12 o'clock in the day I move forward with my homework, my family and I eat at 2 or 3 in the afternoon, sometimes I help make food and then I keep moving forward with my tasks, around 6 in the afternoon I take a shower and then I like to watch a movie, series, stay playing an online game or watching my social networks,

I usually go to sleep around 10 or 10:30 pm, sometimes I like to stay over at my grandmother's house.

On Saturdays we spend it with my grandmother Matilde, she visits us, we eat, we have dinner and we spend the whole day together.

On Sundays I help my parents in the business sometimes I get up at 5 in the morning to help and stay there until 12 noon, then we all get together (cousins, uncles, grandparents) and eat at my grandmother Juanita's house or we go out together to a river or to eat, at night before going to sleep my brothers and I like to watch a movie or play a board game.

On Saturdays, Mondays, Wednesdays and Fridays I also exercise, on Wednesdays and Fridays I usually make video calls with my best friend in the afternoons.

And basically that's my routine for the week.