



PASIÓN POR EDUCAR

**Nombre del alumno: Suleyma Sinaí Gutiérrez Pérez.**

**Nombre del profesor: Lic. Jezabel Ivonne Silvestre Montejo.**

**Licenciatura: Nursing.**

**Materia: English.**

PASIÓN POR EDUCAR

**Nombre del trabajo: Test.**

Ensayo del tema:

“Ciencia y Conocimiento”

Frontera Comalapa, Chiapas a 12 de septiembre del 2020

## MY WEEKLY ROUTINE

### INTRODUCTION.

A routine is a custom or habit that is acquired by repeating the same task or activity many times. Routine involves a practice that, over time. The expressions of time are very common and will surely accompany you every day. The expressions are also found in the days of the week, months, year and season.

### MONDAY

On Monday in the morning I get up at 8 am, brush, wash my face, have breakfast and in the afternoon I start doing homework then I do a little exercise I take a shower at 6 I watch a movie at night I prepare a smoothie with a supplement I eat a fruit.

### TUESDAY.

On Tuesday in the morning I get up at 8 am, brush wash my face, have breakfast, then prepare a smoothie, clean at home in the afternoon, help make food do homework, and watch the news on television at night, drink a glass milk with bread.

### WEDNESDAY.

On Wednesday in the morning I get up at 8 am, brush, wash my face I brush, have breakfast then prepare a smoothie I do my homework in the afternoon I exercise I take a bath, do my homework and at night I have dinner I watch the news on television I brush my hair teeth.

### THURSDAY.

On Thursday in the morning I get up at 8 am brush, wash my face I brush I get up at 8 am, brush, wash my face, have breakfast then do my homework in the afternoon I take a bath, and at night I have dinner I watch a movie on television I brush my teeth.

FRIDAY.

On Friday in the morning I get up at 8 am brush, wash my face, have breakfast, then clean up at home in the afternoon, take a bath, do my homework, and at night I have dinner, watch a movie on my cell phone, brush my teeth at 10 i sleep.