

**MY WEEKLY ROUTINE**  
**INGLES IV**  
**JEZABEL IVONNE SILVESTRE**

**PRESENTA LA ALUMNA:**

**PEREZ ROBLERO YURISELA**

**GRUPO, CUATRIMESTRE y MODALIDAD:**

**4TO. CUATRIMESTRE GRUPO "B",**  
**ENFERMERÍA DOMINGO**

**FRONTERA COMALAPA, CHIAPAS**

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## MY WEEKLY ROUTINE

Hello, my name is Perez Roblero Yurisela

Then I will announce my routine of the week and every day.

I don't get up very early, I always do it at 6:00 in the morning.

I always take a bath every morning, after bathing I dress, I comb my hair, I don't usually wear makeup because don't like it.

I make breakfast I wash and brush my teeth.

I start wash the clothes, I also have to sweep and then mop and leave everthing ready.

At the end of the task I take a taxi to go to work, which is in a store, I arrive at 10:00 and there I continue the day.

Then I have to have lunch at 2:30 in the afternoon.

I place my food on the table so I can eat, I always use to carry it in my backpack.

When I get out of work I go home just at 6:00 in the afternoon I take a break on the sofa I do not usually have dinner I only prepare a coffee in a glass, I also take a book and start reading, I like to play video games to get distracted, I watch television for a while.

At the end of the day I go to bed I fall asleep at 10:00 at night, usually sleep 8 exact hours to be with energy the next day.

This is what I do from Monday to Friday.

On Saturdays the routine is as follows: I get up at 8:00 in the morning, take a bath, get dressed and comb my hair. I prepare breakfast at 8:30 in the morning the whole family has breakfast. At 9:30 we go to church when we leave at 12:00 we prepare lunch and all afternoon we watch television. I sleep at 8:00 at night to rest well.

And this is the routine that I do every day.

