

Nombre del alumno: Kenia Alejandra interino Domínguez

Nombre del tema: weeky schedule

Parcial: 4 r

Nombre de la materia: ingles

Nombre del profesor: guillen Alcalá Rafael

Nombre de la licenciatura: medicina veterinaria

Cuatrimestre: 1 er

Monday:

- 8:00 AM - 9:00 AM: Morning walk**
- 9:30 AM - 12:00 PM: Work/study**
- 12:00 PM - 1:00 PM: Lunch break**
- 1:00 PM - 3:00 PM: Work/study**
- 3:30 PM - 5:00 PM: Gym workout**
- 6:00 PM - 7:00 PM: Dinner with family**
- 7:30 PM - 9:00 PM: Relaxation time (reading, watching a movie)**

Tuesday - Friday:

- Same schedule as Monday, with slight variations in work/study activities and free time.**

Saturday:

- 9:00 AM - 11:00 AM: Household chores**
- 11:30 AM - 1:00 PM: Family outing or social activity**
- 1:00 PM - 3:00 PM: Lunch and relaxation time**

- 3:30 PM - 5:00 PM: Personal hobbies (painting, playing an instrument)
- Evening: Free time to relax or spend time with friends

Sunday:

- 10:00 AM - 12:00 PM: Brunch with family
- 12:30 PM - 3:00 PM: Outdoor activity (hiking, cycling)
- 3:30 PM - 5:00 PM: Quality time with family

On Mondays, I wake up early in the morning and go for a refreshing walk. After that, I dedicate my time to work or study from 9:30 AM to 12:00 PM. Around noon, I take a break to have lunch and recharge. In the afternoon, I continue my work or study until 3:00 PM. Later, I hit the gym for a workout session to stay fit and healthy. In the evening, I enjoy a delicious dinner with my family, sharing stories and laughter. Afterward, I like to relax by reading a book or watching a movie. This routine helps me maintain a balanced and productive lifestyle.