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Primer cuatrimestre

Ingles

Comitán de Domínguez Chiapas

Monday to Friday:

6:30 AM - Get me up early

7:00 AM - Eat breakfast and get ready for school

8:00 AM - Attend school

3:00 PM - Return home and rest

16:30 - Go to the gym

6:00 PM - Make my meals

8:00 PM - Study and do homework

9:30 PM - Free time with friends or family

23:00 - Get ready to sleep

Saturdays and Sundays:

8:00 AM - Get up early

9:00 AM - Have breakfast and relax

11:00 AM - Go for a drive or do outdoor activities

13:00 - Have lunch

3:00 PM - Spend time with friends

6:00 PM - Make my meals

8:00 PM - Leisure or recreational activities

22:00 - Get ready for bed

I have a busy but fulfilling daily routine. I wake up early every morning at 6:30 AM and start my day with a nutritious breakfast. After that, I head off to school at 8:00 AM, where I engage in various academic activities. Once the school day is over at 3:00 PM, I return home to relax and recharge.

In the late afternoon, around 4:30 PM, I hit the gym to stay fit and healthy. Following my workout, I dedicate time to preparing my meals around 6:00 PM. The evenings are usually reserved for studying and completing assignments, ensuring I stay on top of my academic responsibilities.

Around 9:30 PM, I take a break to enjoy quality time with friends or family. As the night progresses, I wind down and get ready for a good night's sleep, aiming to be in bed by 11:00 PM.

On weekends, I adopt a slightly different schedule. I still start my day early at 8:00 AM, but I allow myself more flexibility. Whether it's going for a drive, spending time outdoors, or socializing with friends, I use the weekends to strike a balance between productivity and relaxation.

Overall, my routine revolves around a mix of academics, fitness, social activities, and personal time, providing me with a well-rounded and fulfilling lifestyle.