

## Saturday

On Saturday I get up at 9 am because I don't have classes and it is the day I can rest the most. I get up and thank God for another day in my life and I drink a glass of water to hydrate myself and at 9:15 I go to bathe at 9:30 I start having breakfast 6 eggs 3 omelettes ½ cup of egg whites and a glass of 200 milk At 9:40 I finish breakfast and change to go to the gym 12:30 I leave the gym and I'm going to play tennis 🎾 with my friends we usually always play in pairs so that there is more competitiveness and I return home at 2:30 and eat breast and rice to have carbohydrates that provide me with energy and protein for development of my muscle growth of lean muscle mass at 5 I go out with my friends to talk to each other generate ideas to see what we can invest in financially and see a way to create or generate something new always putting God in everything and see what we can do At 8 at night we go to the movies or have pizza for dinner 🍕 and enjoy living together and then I return to my house around 11 and I arrive to prepare a smoothie loaded with protein to rest well and I say goodbye to my family and I go to sleep and That would be a routine Saturday in my life.