# EUDS Mi Universidad

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Ingles

4toParcial

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Nutrición

ler Cuatrimestre



#### WEEKLY SCHEDULE

#### **Monday-Thursday**

My day starts at 6:30 in the morning, I start by washing my face, brushing my teeth, I put on my uniform and make my breakfast, then I wait for my friend Diana so we can go catch the bus and go to the University, at 2 in the afternoon I leave the university with my friends and we leave, I arrive home at 2:40, I take off my uniform and put on comfortable clothes to be at home, I help my mother with the food, at 3:30 we eat with my family, when we finish eating I clean the table and wash the dishes, sweep and mop, at 5 I start doing tasks, whether it's an errand or doing my homework, to go to the gym at 7 at night, I return from the gym at 10 at night, I take a bath, I make myself some dinner and finally I fall asleep at 12 at night.

### WEEKLY

## SCHEDULE

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30	I wake up and brush my teeth and face.	I wake up and brush my teeth and face.	I wake up and brush my teeth and face.	I wake up and brush my teeth and face.	I wake up and brush my teeth and face.
7:00	I make myself breakfast	I make myself breakfast	I make myself breakfast	I make myself breakfast	I make myself breakfast
8:00	I go to my university	I go to my university	I go to my university	I go to my university	I go to my university
2:40	I arrive home	I arrive home	I arrive home	I arrive home	I work
3:30	I prepare the food and eat	I prepare the food and eat	I prepare the food and eat	I prepare the food and eat	I work
5:00	I do my homework and study	I do my homework and study	I do my homework and study	I do my homework and study	
7:00	I'm going to the gym	I'm going to the gym	I'm going to the gym	I'm going to the gym	I'm going to the gym
10:00	I return from de gym, I take a bath and have dinner	I return from de gym, I take a bath and have dinner	I return from de gym, I take a bath and have dinner	I return from de gym, I take a bath and have dinner	I return from de gym, I take a bath and have dinner
12:00	I'm going to bed	I'm going to bed	I'm going to bed	I'm going to bed	I'm going to bed