

WEEKLY SCHEDULE

Dicember 2023

Lucero Perez Solorzano



datos

Rafael Ivan Guillen Alcala

Licenciatura en
nutricion

Time	monday	Tuesday	Wednesday	Thursday	TIME	Friday	Saturday	Sunday
5:30 AM	WAKE UP				8:00 AM	WAKE UP		
6:00 AM	TAKE MY SHOWER				9:00AM	BREAKFAST		
6:30 AM	BREAKFAST				10:00AM	GO TO WORK		
7:20 AM	GO TO SCHOOL							
2:00 PM	GO TO MY HOME				3:00PM	MEAL		
3:00 PM	MEAL				6:00PM	GO TO BRACK		
5:00 PM	GO TO GYM				6:30PM	IM WHITE MY FAMILY		
7:00 PM	FINISH GYM							
8:00 PM	DO HOME WORK							
10:PM	I HAVE DINNER				9:00 PM	TAKE MY SHOWER		
11:00PM	GO TO BEAD				11:00PM	GO TO BEAD		

I usualilly get up a 5:30 am in the morning, then breackfast with my family, my dad go to work in the higt school with my mom, later I have go to school and im with my friend Mariza, in the evening I have meal with my nephews and my mom, at 5:00 pm I have go to gym with my mom, and finish at 7:00 pm I have go to my home, then to do homework and at 10:pm dinner with my sister, brother, nephews my mom and my dad, let's rest and I have go to bead at 11:pm.