

MARIZA ALEJANDRA CANCINO MORALES

1ER CUATRIMESTRE NUTRICIÓN

On Sunday I wake up at eight, get ready and i eat my breakfast. At a quarter to nine I leave my house to go to work in Bobary, it's a coffe shop. I open the store, do my inventory, wash the bathroom, clean windows, products and serve customers.

finally a quarter to ten i do my counts and i close the shop. My parents arrive for me, we go to my house, when we arrive, we eat our dinner. At eleven we do the bed and i do my skincare. at twelve y go to bed and i sleep.

	MONDAY	TUESDAY	WENDSDAY	THURSDAY		FRIDAY	SATUDAY
6:30-7:00	Wake up				9:00	I wake up	
7:00-7:30	I take a shower and i get ready for the school				10:00	I eat my breakfast with my mom	
7:30-7:45	I eat my breakfast with my dad and y go to school				11:30-12:30	I get ready and i do my bed	
8:00	Arrive to School				1:00-2:30	I go out with my mom	I take a shower and i get ready
2:00	Go out the school				3:00-3:30	We arrives to home and eat our meal with my father and my little brother	I eat my meal and i go to my work at Bobary
2:30-3:00	I go to my home and eat my meal with mis family				4:00	I go to my work at the gym	
3:30	i get ready to my work at the gym				6:30	I do my exercise	
4:00	Arrive to gym				8:30	Finish my exercise	
6:30	I do my exercise at the gym				9:30	I go to my grandma's house	
8:30	Finish my exercise				10:00	i go to my house after my parents arrive for me	I go out of my work and my
10:00	I go to my house after my parents arrive for me				11:30	I get ready to sleep and i do my skincare	
11:00	I eat my dinner with my family				12:00	I go to sleep	
11:30	I get ready for go to bed and i do my skincare						
12:00	I sleep						