UNIVERSIDAD DEL SURESTE

POR: MARCIA SOFIA HERNANDEZ MORALES

PROFESOR: RAFAEL IVAN GUILLEN ALCALA

ASIGNATURA: INGLES

TIPO DE TRABAJO: WEEKLY SCHEDULE

LICENCIATURA EN NUTRICION

1er. CUATRIMESTRE

COMITAN DE DOMINGUEZ, CHIAPAS



WEEKLY SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------------------------|----------------------|----------------------|-----------------------|---------------------|---------------------|---------------------|
| 6am | Wake up | Wake up | Wake up | Wake up | sleep | sleep | sleep |
| 7am | Leave my house | Leave my house | Leave my house | Leave my house | Wake up | Wake up | Wake up |
| 8am | Have my first class | Have my first class | Have my first class | Have my first class | Eat breakfast | Eat breakfast | |
| 9:30am | Eat breakfast | Eat breakfast | Eat breakfast | Eat breakfast | Help my mom | Help my mom | Help my mom |
| 10:40am | Have my second class | Have my second class | Have my second class | Have my second class | Play with my dog | Play with my dog | Play with my dog |
| 12:20°m | Have my last class | Have my last class | Have my last class | Have my last class | Do my homework | Do my homework | Do my homework |
| 3pm | Eat lunch | Eat lunch | Eat lunch | Eat lunch | Eat lunch | Eat lunch | Eat lunch |
| 5pm | Do my homework | Do my homework | Do my homework | Do my homework | Leave my house | Leave my house | Leave my house |
| 8pm | I walk my dog | I walk my dog | Play with my dog | Play with my dog | Eat dinner | Eat dinner | Eat dinner |
| 9pm | Watch videos | Watch videos | Watch videos | Watch videos | Watch tv | Watch tv | Watch tv |
| 10pm | Go to bed | Go to bed | Go to bed | Go to bed | Go to bed | Go to bed | Go to bed |

DAILY ROUTINE

On Friday mornings I usually get up an hour later, when I get up I wash my face and make my breakfast. I also usually help my mom, she always cleans the house and makes food, so I help her too. Since it's the day I don't attend classes, I take the opportunity to play and take my dog for a walk, he has a lot of fun. When I finish playing I do my homework and then I have the rest of the day free. At 3 in the afternoon my family and I met to eat, my mother serves the food, my sister passes it to the bar and I transfer it to the table, meanwhile my dad and my brother wash their hands. When I finish eating, my sister lifts the dishes, my mother washes them and I clean the table. Usually in the afternoons we go out for a walk or to visit my grandparents, sometimes we eat ice cream or just run errands. When we return home we make dinner and during dinner we have a talk. When we finish dinner we all get together to watch television and at 10 at night everyone goes to their room to go to bed.

BIBLIOGRAFIA

- https://www.youtube.com/watch?v=FHaObkH EkHQ
- https://www.youtube.com/watch?v=7TMXvhj MMSE&t=761s
- https://www.youtube.com/watch?v=hcqJfVhd A5Y



