

Nombre de la alumna: Claudia Sofía Chávez Laparra

Nombre de la materia: Ingles

Nombre del profesor: Iván

Parcial: 4

Nombre de la licenciatura: Nutrición

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 6:00 am | Wake up | Wake up | Wake up | Wake up  |  |  |
| 7:00 am | I have a breakfast  | I have a breakfast  | I have a breakfast  | I have a breakfast  |  |  |
| 8:00 am | Go to school | Go to school  | Go to school | Go to school |  | Wake up |
| 9:00 am | I take class | Wake up  | I have a breakfast |
| 10:00 am | Breakfast at school | Breakfast at school | Breakfast at school | Breakfast at school | I have a breakfast  | Go to Gym  |
| 11:00 am | I take classes |  |  |
| 12:00 pm |  |  |
| 1:00 pm |  |  |
| 2:00 pm | Finish school | Finish school | Finish school | Finish school | I have a dinner  | I have dinner  |
| 3:00 pm | I have dinner  | I have dinner  | I have dinner  | I have dinner  | I do my homework |  |
| 4:00 pm | I do homework |  |
| 5:00 pm | I go out to hang out |
| 6:00 pm | Go to gym  | Go to Gym  | Go to Gym  | Go to gym  | Go to gym  |
| 7:00 pm |  |  |  |  |  |
| 8:00 pm | I hae dinner  | I have dinner  | I have dinner  | I have dinner  | I have dinner  |
| 9:00 pm | Take my shower | Take my shower | Take my shower  | Take my shower  | Take my shower  |
| 10:00 pm |  |  |  |  |  |
| 11:00 pm | I’m going to sleep  | I’m going to sleep  | I’m going to sleep  | I’m going to sleep  |  |
| 12:00 am |  |  |  |  | I’m going to sleep  | I going to sleep  |

**DESCRIBING MY DAILY ROUTINE**

I usually get up at 6:30 in the morning alone because my parents are going to drop off my sister and i see them until 7:30 in te morning to go drop off. Then a have breakfast with my parents and at 8:00 in the morning I am already at school. After finish school I hoper they come for me, arriving at mu house the food is already made by my mom and we all eat together. Them some days i take a 1 or 2 hour nap in the afternoon and then get ready and go to the gym. I return from the gym at night, we all have dinner together, I take a bath and if I have homework I do it to finally fall sleep and repeat everthing the next day.