



## Horario

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***Nombre de la Materia : Ingles***

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***Nombre de la Licenciatura: Nutrición***

***Cuarta unidad***

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# My daily life

Hour	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY	THURSDAY	THURSDAY
6:30-7:00	I get up and get ready to go to school	I get up and get ready to go to school	I get up and get ready to go to school	I get up and get ready to go to school			
7:00-8:00	I have breakfast and I go to school	I have breakfast and I go to school	I have breakfast and I go to school	I have breakfast and I go to school			
8:00-2:00	I arrive at school to leave in the afternoon	I arrive at school to leave in the afternoon	I arrive at school to leave in the afternoon	I arrive at school to leave in the afternoon	I wake up and do the cleaning of my house	I wake up and do the cleaning of my house	I wake up and do the cleaning of my house
2:00-3:00	I take my transportation and go home	I take my transportation and go home	I take my transportation and go home	I take my transportation and go home	I start playing or watching videos	I start playing or watching videos	I start playing or watching videos
3:00-4:00	I eat in the afternoon	I eat in the afternoon	I eat in the afternoon	I eat in the afternoon	I help my parents at their store	I help my parents at their store	I help my parents at their store
4:00-5:00	I reast and get ready to go train	I reast and get ready to go train	I reast and get ready to go train	I reast and get ready to go train			
5:00-6:00	I am going to train	I am going to train	I am going to train	I am going to train	I am going to train	I go to my soccer match	I go to my soccer match
6:00-7:00	Return from my training to my house and take a shower	I return home from my workout	Return from my training to my house and take a shower	I return home from my workout	I go back to my parents store to help them	I go back to my parents store to help them	I go home to rest
7:00-8:00	I start doing my homework	I start doing my homework	I start doing my homework	I start doing my homework			I play or watch videos
8:00-9:00	I play or watch videos	I prepare for my match	I play or watch videos	I prepare for my match			
9:00-10:00	I have dinner and go to sleep	I have my match	I have dinner and go to sleep	I have my match	I play or watch videos	I play or watch videos	I take a shower and go to sleep
10:00-11:00		I return home after my match, have dinner, take a shower, and go to sleep		I return home after my match, have dinner, take a shower, and go to sleep	I take a shower and go to sleep	I take a shower and go to sleep	

# The favorite day of my week

## SUNDAY

I wake up late at 11 in the morning, then go downstairs for breakfast. At 12, I go with my parents to help them at their store. Afterward, I have two matches, one at 1 in the afternoon and another at 5 in the afternoon. After my first match, I eat with my family at a restaurant before heading to my second match. I end the day tired, just shower and go to bed before 10 at night to start my week well.

