

INGLÉS

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MY ACTIVITIES OF THE WEEK

MONDAY TO THURSDAY

I get up at 6 am. I have breakfast and brush my teeth.

At 7 am I shower, get dressed and go to high school.

My classes start at 8.10 am and end at 2 pm, within that time I have a 50 minute break from 9.50 to 10.40 am.

At 2.30 pm we eat.

Then I take a half hour break.

From 3 to 5 pm I do my homework or I can start studying for exams if there is no homework.

From 5.30 to 8.30 I go to the gym to exercise.

I return home and take a relaxing bath.

At 9 pm I have dinner.

At 10 pm I brush my teeth and go to sleep.

FRIDAY

I get up at 6 am. I have breakfast and brush my teeth.

At 7 am I shower.

I don't have classes on Friday

So I fix my bedroom, put my things in order and help my mother.

At 2.30 pm we eat.

From 5.30 to 8.30 I go to the gym to exercise.

I return home and take a relaxing bath.

At 9 pm I have dinner.

At 10 pm I brush my teeth and go to sleep.

SATURDAY

I get up at 6 am. I have breakfast and brush my teeth.

At 7 am I shower.

From 9.00 to 11.30 I go to the gym to exercise.

I return home and take a relaxing bath.

Put my things in order and help my mother.

At 2.30 pm we eat.

In the afternoon we watch movies or play for a while.

At 9 pm I have dinner.

At 10 pm I brush my teeth and go to sleep.

SUNDAY

On Sunday I can wake up a little later.

I rarely exercise on Sunday.

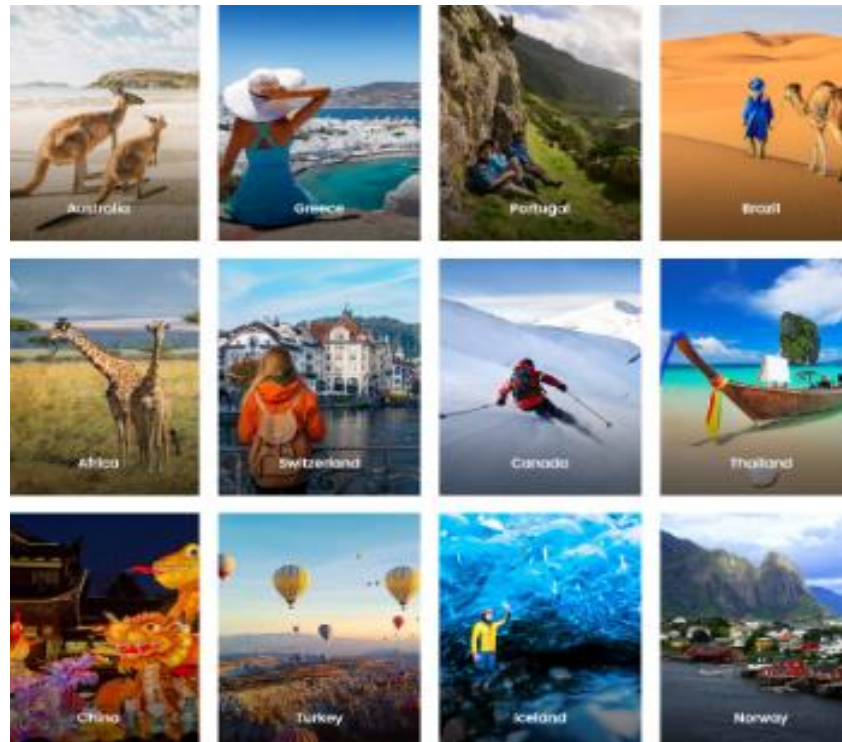
We always eat as a family, usually at the same time.

At 9 pm I have dinner.

At 10 pm I brush my teeth and go to sleep.

GUIDE TO ACTIVITIES YOU CAN DO IN A PLACE
WHERE YO WANT TO TRAVEL.

1. Hiking is a great way to explore the natural beauty of a place. You **should** research the best hiking trails in the area and choose one that suits your fitness level. Don't forget to carry a map, water, and snacks.
2. Sightseeing is a must-do activity when traveling. You **could** visit museums, historical sites, and other landmarks to learn about the local culture and history.
3. Trying out local cuisine is a great way to experience the culture of a place. You **should** visit local markets, food stalls, and restaurants to sample the local delicacies.



4. If you are an adrenaline junkie, you **could** try adventure sports like bungee jumping, skydiving, or white-water rafting. However, make sure you choose a reputable operator and follow all safety guidelines.

5. Traveling can be exhausting, so it's important to take some time to relax. You **could** spend a day at the beach, go for a spa treatment, or simply read a book in a park.

