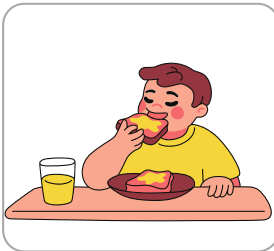


# DAILY ROUTINES



"I always wake up at  
05:00 hrs

I go to work at 06:30  
hrs

I have breakfast at  
08:00



I have lunch at  
13:00

I leave work at 16:00

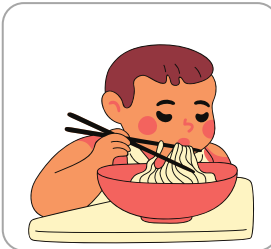
I arrive home at 17:00



I do cleaning at 18:00

I exercise at 19:00

I take a bath at 20:00



I sleep at 21:00

