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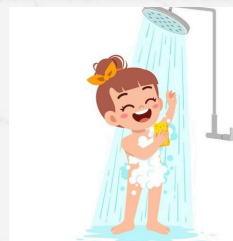
MATRÍCULA: [409424709](#)

CARRERA: [LICENCIATURA EN PSICOLOGÍA](#)

Daily Routine - Ale

MYSELF:

I always wake up at 5:45 a.m.



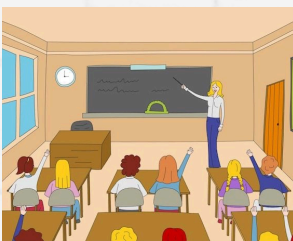
I always get up, take a shower, get ready, and prepare my things to take to work.

I always leave my house at 6:45 a.m. and arrive at work at 7:15 a.m.



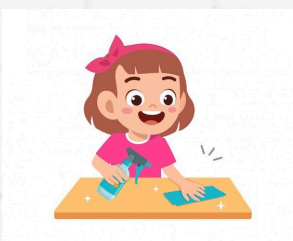
I always drive my car to get to work.

I always have a protein shake when I arrive at work.



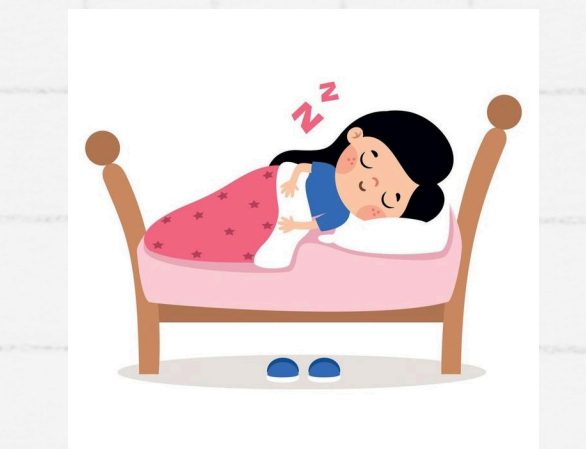
During the day, I work in a food packaging factory. I package, deliver orders, and perform other tasks.

I always take my first break at 10:00 a.m., my second break at 12:00 p.m., and my third break at 3:00 p.m.



I always finish work at 4:30 p.m. and go to school at 5:00 p.m. to study French.

I finish school at 7:30 p.m. and go back home.



In the evening, I always take a shower, cook if my mom hasn't arrived yet, clean the apartment, and complete pending tasks.

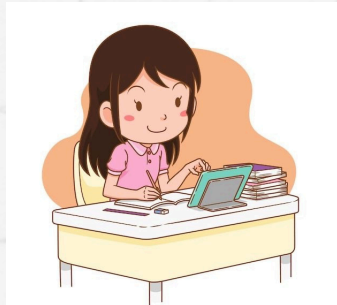
I rarely go to the gym after work or school, depending on my schedule.

I always have dinner at 9:00 p.m., and my meals vary during the week.

I usually don't have a specific routine before going to sleep, so I go to bed between 10:30 and 11:30 p.m.

Weekends:

- I wake up at 10:00 or 11:00 a.m.
- I always clean the apartment, cook, have breakfast, and prepare food for the afternoon.
- On Saturdays, I go out with my boyfriend.
- On Sundays, I stay home with my mom and my boyfriend.
- I always work on university assignments in the afternoon if I have any.
- I rarely go to the gym on Sundays because
- Sundays are for my family.



Never:

- I never go to the gym daily because my schedule doesn't allow it.

Rarely:

- I rarely go to the gym during the week, only once or twice if I have free time.

MY MOTHER:

- My mom usually wakes up at 5:00 a.m.
- The first thing she does is take a shower.
- She always leaves the house at 6:30 a.m.
- to get to her job.
- She works in a factory, performing different tasks.
- She doesn't have a fixed end time but usually returns home around 7:00 p.m.
- She loves cooking and often does it when she gets home.
- She works on Mondays, Tuesdays, Thursdays, Fridays, Saturdays, and Sundays.
- She rests on Wednesdays and Sundays.
- On Sundays, she usually rests from 12:00 p.m.