

# Weekdays routines

## MONDAY

I wake up at 6:30 a.m.

Then, I have breakfast at 10 a.m.

Next, I have lunch at 3:30 p.m.

After that, I work out at 6 p.m.

Later, I take a shower at 8 p.m.

I have dinner at 9 p.m.

Finally, I go to bed at 11 p.m.

I never watch TV on Mondays.

I seldom go running on Mondays.

## Tuesday

I wake up at 6:30 a.m.

I arrive at school at 8:10 a.m.

I have breakfast at 10 a.m.

I have lunch at 3:30 p.m.

Then, I take a one-hour nap.

After that, I shower at 6 p.m.

Finally, I have dinner at 9 p.m.

I never work out on Tuesdays.

I seldom go out on Tuesdays.

## Wednesday

I wake up at 6:30 a.m.

I arrive at school at 8:10 a.m.

I have breakfast at 10 a.m.

I have lunch at 3:30 p.m.

Then, I work out at 6 p.m.

After that, I shower at 8:30 p.m.

Finally, I have dinner at 9:30 p.m.

I never go to parties on Wednesdays.

I seldom go to the movies on Wednesdays.

## THURSDAY

I wake up at 6:30 a.m.

I arrive at school at 8:10 a.m.

I have breakfast at 10 a.m.

I have lunch at 3:30 p.m.

Then, I work out at 6 p.m.

After that, I shower at 8:30 p.m.

Finally, I have dinner at 9:30 p.m.

I never go to bed early on  
Thursdays

I seldom go out on Thursdays.

## FRIDAY

I wake up between 10 and 11 a.m.

I have breakfast at 11:30 a.m.

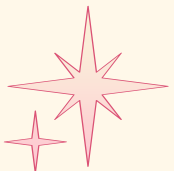
I have lunch between 3 and 4 p.m.

Then, I shower at 5 p.m.

Finally, I have dinner at 10 p.m.

I never exercise on Fridays.

I seldom stay home on Friday



# Saturday

I wake up at 11 a.m.

I have breakfast at 11:30 a.m.

I go horseback riding in the afternoons.

I have lunch between 4 and 5 p.m.

Then, I have dinner at 9 p.m.

After that, I shower at 10 p.m.

Finally, I go to bed at 12 a.m.

I never have free time on Saturdays.

I hardly ever miss spending time with my family on Saturdays.

# Sunday

I wake up at 11 a.m.

I have breakfast at 11:30 a.m.

I have lunch between 4 and 5 p.m.

Then, I either go out with friends or spend time with family.

Next, I have dinner at 9 p.m.

After that, I shower between 9:30 and 10 p.m.

Finally, I go to bed between 10 and 11 p.m.

I never stay idle on Sundays.

I hardly ever have no plans on Sundays.