

Monday

I usually always get up

- 7:00 AM – Wake up
- I wake up at 7:00 AM to start my day.

• 7:00 AM – 8:00 AM – Morning routine
I get out of bed, brush my teeth, wash my face, and get dressed for school. I also have breakfast

- 8:10 AM – 1:50 PM –
I attend school from 8:10 AM to 1:50 PM. I pay attention in class, take notes,

- 3:00 PM –
After school, I have lunch at around 3:00 PM.

- 5:00 PM –
I spend time doing my homework at around 5:00 PM

- 6:30 PM –
I take a break from studying and scroll TikTok

- 7:30 PM –
After a long day, I take a shower to relax and refresh myself.

- 9:00 PM –
I have dinner at 9:00 PM, enjoying a good meal to end my day.

- 12:00 AM – Sleep
I go to bed at midnight

Tuesday

- 7:00 AM – Wake up
I wake up at 7:00 AM to start my day.

- 7:00 AM – 8:00 AM –
I get out of bed, brush my teeth, wash my face, and get dressed for school.

- 8:10 AM – 1:50 PM –
I go to school from 8:10 AM to 1:50 PM. I attend my classes, take notes, and focus on my studies.

- 3:00 PM –
After school, I have lunch around 3:00 PM.

- 5:00 PM –
I dedicate time to doing my homework at around 5:00 PM, making sure I finish everything I need to do.

- 6:30 PM – Spending time with Mom
In the late afternoon, I spend quality time with my mom. We might chat, watch TV, or do something fun together.

- 9:00 PM –
I have dinner at 9:00 PM,

- 12:00 AM – Sleep
I go to bed at midnight to get a good night's sleep

Wednesday

- 7:00 AM – Wake up
I wake up at 7:00 AM to start my day.

• 7:00 AM – 8:00 AM – Morning routine
I get out of bed, brush my teeth, wash my face, and get dressed for school. I also have breakfast

- 8:10 AM – 1:50 PM –
I attend school from 8:10 AM to 1:50 PM. I pay attention in class, take notes,

- 3:00 PM –
After school, I have lunch at around 3:00 PM.

- 5:00 PM –
I spend time doing my homework at around 5:00 PM

- 6:30 PM –
I take a break from studying and scroll TikTok

- 7:30 PM –
After a long day, I take a shower to relax and refresh myself.

- 9:00 PM –
I have dinner at 9:00 PM, enjoying a good meal to end my day.

- 12:00 AM – Sleep
I go to bed at midnight

ROUTINES

Friday

I almost never get up early on weekends

- 11:00 AM – I wake up
I wake up at 11

11:00 AM –
I get out of bed, brush my teeth, wash my face and have breakfast

1:00 PM –
around 1 I START DOING HOMEWORK if they let me

5:00 PM –
I usually always hang out with my best friend and come home around 10 at night

– I sleep
I fall asleep around 1 am

Saturday

11:00 AM – I wake up
I wake up at 11

11:00 AM –
I get out of bed, brush my teeth, take a shower and have breakfast

1:00 PM –
I usually eat at 1 on Saturdays

– On Saturdays I almost always go out with my friends or family

Sunday

11:00 AM – I wake up
I wake up at 11

11:00 AM –
I shower and have breakfast

12:00 PM –
I go out to eat with my mom or dad with my brother

– I go out to dinner or have a drink with my friends

12:00
I go to bed to fall asleep because tomorrow I wake up early to go to school

Thursday

7:00 AM – I wake up
I wake up at 7:00 AM to start my day.

7:00 AM – 8:00 AM –
I get out of bed, brush my teeth, wash my face, and get dressed for school.

8:10 AM – 1:50 PM –
I go to school from 8:10 AM to 1:50 PM. I attend my classes, take notes.

3:00 PM –
After school, I eat lunch around 3:00 PM.

5:00 PM –
I spend time doing my homework around 5:00 PM.

6:30 PM –
In the afternoon, I go out with my dad to the movies or to lunch or dinner on Thursdays.

12:00 AM – I sleep.
I go to bed at midnight to get a good night's sleep.