

RUTINA DIARIA

MONDAY

I always get up at 6:00 a.m.

-I always take a shower at 6:10 a.m.

I always go to school at 7:45 a.m.

-I always eat lunch at 2:30 p.m.

I'm going to train American football at 6:30 p.m.

-I always take a shower at 9:00 p.m.

I almost never do homework at night

I prepare my dinner at 9:40

I lay down to sleep at 10:30 p.m.

TUESDAY

I always get up at 6:00 a.m.

-I always take a shower at 6:10 a.m.

I always go to school at 7:45 a.m.

-I always eat lunch at 2:30 p.m.

It's rare that I see a movie at 3:00

I'm going to train American football at 6:30 p.m.

-I always take a shower at 9:00 p.m.

I prepare my dinner at 9:40

I lay down to sleep at 10:30 p.m.

WEDNESDAY

I always get up at 6:00 a.m.

-I always take a shower at 6:10 a.m.

I always go to school at 7:45 a.m.

-I always eat lunch at 2:30 p.m.

I take a nap 3:30

I'm going to train American football at 6:30 p.m.

-I always take a shower at 9:00 p.m.

I almost never do homework at night

I prepare my dinner at 9:40

I lay down to sleep at 10:30 p.m.

THURSDAY

I always get up at 6:00 a.m.

-I always take a shower at 6:10 a.m.

I always go to school at 7:45 a.m.

-I always eat lunch at 2:30 p.m.

I review my pending activities 3:15

I never miss training

I'm going to train American football at 6:30 p.m.

-I always take a shower at 9:00 p.m.

I prepare my dinner at 9:40

I lay down to sleep at 10:30 p.m.

FRIDAY

I always get up at 6:00 a.m.

-I always take a shower at 6:10 a.m.

I always go to school at 7:45 a.m.

-I always eat lunch at 2:30 p.m.

I do my tasks 3:15 p.m.

I always miss training that day 6:30 p.m.

I always play video games 7:00 p.m.

-I always take a shower at 9:00 p.m.

I prepare my dinner at 9:40

I lay down to sleep at 10:30 p.m.

SUNDAY

I always get up 9:00 – 10:00 a.m.

I always take a shower at 11:00 a.m.

I never get up early

I play video games all day 12 p.m. - 8:00 P.M.

I always a take a shower at 9:00

SATURDAY

I always get up 8:00 a.m.

I get ready to go to my game at 9:00 a.m.

I always take a shower at 2:00 p.m.

I live with my family at 3:00 – 8:00 p.m.

sometimes I watch a movie at 9:00 p.m.