

## Daily Routine

### When do you usually get up in the morning?

On weekdays, I wake up at 6.30am. My job starts at 8, so I give myself some time to shower and eat before catching the bus.

### What is your daily routine?

I get up and have a quick shower, then I eat some toast and have a strong coffee. After that, I catch the bus to work. For lunch, I go to a café and have a meal and another coffee. I finish work at 5.30 and then get the bus home. I cook a quick dinner and veg out in front of the tv.



### Do you ever change your routine?

Yes, I do. On the weekends I sleep in until midday, and then I relax at home or go out to meet my friends. We usually go to a restaurant or a bar.

### Do you think it is important to have a daily routine?

Yes, I find that having a daily routine makes me more productive. When I have a good routine, I feel more in control of everything and my mental health is better. When I don't have a routine, I feel sleepy and confused.

Veg out: to spend time relaxing.

Sleep in: remain asleep or in bed later than usual in the morning.

Productive: to achieve or produce a good amount or result.

Mental health: the health of one's mind and emotions.

## Practice Questions

When do you usually get up in the morning?

What is your daily routine?

Do you ever change your routine?

Do you think it is important to have a daily routine?

Is your routine the same today as when you were a child?