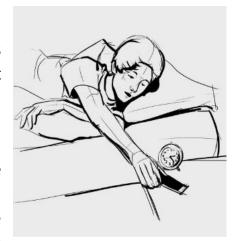
Daily Routine

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 <u>sleep in</u> 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 <u>productive</u>. When I have a good routine, I feel more in control of everything and my <u>mental health</u> 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.

<u>Productive</u>: 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?