



Hnas. del Niño Jesús Pobre
80 años en Colombia

Colegio Santa Clara

Listening activity



1. Listen to the audio published in Classroom, then complete the text with the words in the box.

home	breakfast	routine	evenings	gym
because	computer	lunch		return
Internet		6:30	people	usual
usually	working		phone	early

Hi, I'm Mike and this is my daily 1) _____. I get up
2) _____ every day, around 3) _____ and I
go to the 4) _____ for a work-out before I go to work.
I 5) _____ do aerobic exercise for a while and then do
some weightlifting for maybe half an hour at the gym, then I'll
6) _____ home, and as I work from my
7) _____, I turn on my 8) _____ and start
working on what needs to be done. I usually skip
9) _____ and I'll work until about 12:00 then I'll prepare
10) _____ and have a fairly big lunch
11) _____ I don't eat breakfast. Then after lunch, I'll
go back, continue 12) _____ on Internet or whatever I
have to do for work, until about 6:00 when I usually start getting
13) _____ calls from friends of mine who live abroad and

then in the 14) _____ if I'm not using my time doing things with the 15) _____ or surfing the web, then I'm speaking to 16) _____ on the Internet or on my phone and that pretty much sums up my 17) _____ daily routine.