

PHRASAL VERBS ABOUT THE ROUTINE

Read the paragraph about someone's routine and complete the lines with the words from the box:

go out	put on	chill down	sit down	stand up	get up	turn in
go down	hurry up	work out	take off	wake up	get dressed	goes off

My alarm _____ (1) at 6. I _____ (2) at about a quarter past seven. I _____ (3) my pajamas and jump in the shower. I love a really cold shower in the morning. It really helps me _____ (4). After my shower, I _____ (5) and _____ (6) for some breakfast. I _____ (7) with my tea and toast or cereal because I don't like to eat standing up. Usually, I'm a bit late so I have to _____ (8). When I have finished my breakfast, I _____ (9) and _____ (10) my coat. I usually _____ (11) to school at a quarter past 7. In the afternoon I _____ (12) in the gym for 30 minutes, then I _____ (13) playing video games. After that I do my homework and eat dinner. Finally, I _____ (14) around 9pm.