

Daily routine

After completing his breakfast, Messi heads out for his daily workout every day. Then, he takes a shower and eats lunch with his wife and children. After lunch, he spends some quality time with his family.

Afterwards, Messi heads to complete his daily afternoon training and workout sessions. He trains for several hours with his teammates in the evenings if there is no match. After that, around 8:00 PM, he eats dinner with his family. Then, at 9:00 PM, he goes to sleep.



How many days does Messi train?

Messi trains 4 days a week

Messi trains every day.

Messi trains only 2 days a week

Messi does not train

What time does Messi have dinner?

At 8 pm

At 6 pm

At 5 pm

At 9 pm

What time does Messi go to sleep?

At 10 pm

At 9 pm

At 11 pm

At 7 pm

Describe your daily routine



Describe your dad's daily routine

Describe your mom's daily routine

Listen the audio and respond the questions.

<https://www.esl-lab.com/easy/daily-schedule/>

What time does the man get up?

at 5:00 a.m.

at 6:00 a.m.

at 7:00 a.m.

What time does he get to work?

at 9:00 a.m.

at 7:00 a.m.

at 8:00 a.m.

What does he do with his family around 6:30 p.m.?

They play games.

They read books together.

They eat dinner.

What do the man and his wife do after the kids go to bed?

They clean the house.

They watch TV.

They play games.

What is one thing the man does NOT say about his wife?

She goes shopping for food.

She has to take their children to school.

She helps the kids with their homework.