Listening activity

Daily routine

Watch the video, listen carefully and complete the following text with words from the box.

clean	listening	go	drink	get	have
go	have	wake up	work	catch	

I usually _____ at seven o'clock, except on Sundays when I like to sleep in. The first thing I do after getting up is have a shower. After my shower I _____ dressed and _____ breakfast. I normally have milk and cereal with a cup of coffee. When I have finished breakfast, I always _____ my teeth. Most days I leave the house at 7:45 and walk to the subway station which is two minutes from my flat. I usually take the underground because it's quicker but sometimes I _____ the bus. From 9 to 5 I _____ in an office, if I am busy I _____ a sandwich at my desk for lunch; otherwise I go to the nearby coffee shop with a colleague. After sitting in front of the computer screen for most of the day I need to get some exercise so after work I always _____ to the gym. In the evening I like to relax by _____ to some music with a glass of wine. I rarely go out during the week but on Saturdays I often go to the movies with my girlfriend. I usually _____ to bed at 10:30 but if I am tired I go to bed earlier. One thing I never do is _____ coffee in the evening, it stops me from sleeping.