

## DAILY ROUTINES



1. Read about Helen's day and complete the text with words from the box

get-up go go go have have plays  
play talk watch



This is Helen. She's a snowboarder in her national team. This is her training routine when there's a competition.

I'm Helen and this is my typical day. I <sup>1</sup> *get up* at nine o'clock and I <sup>2</sup> ..... breakfast with my team in the hotel and we <sup>3</sup> ..... TV. After breakfast we <sup>4</sup> *go* ..... to snowboard practice. My best friend <sup>5</sup> ..... ice hockey, so she goes to ice hockey practice. After lunch I <sup>6</sup> ..... to my friend's hotel room and we <sup>7</sup> ..... computer games. I <sup>8</sup> ..... dinner with my team and then I <sup>9</sup> ..... to my family on the phone. I <sup>10</sup> ..... to bed early – every day is a busy day!

2. Read about Mark's daily routine and complete it.

do finish get go go have  
have have play start watch



I have a busy day on Mondays. I <sup>1</sup> *get* ..... up at *seven o'clock*.

I <sup>2</sup> ..... breakfast and then

I <sup>3</sup> ..... to school with Anna, Will and Megan. We

<sup>4</sup> ..... school at half past eight and we <sup>5</sup> ..... lunch at twelve o'clock.

We <sup>6</sup> ..... school at half past three. After school, I usually <sup>7</sup> ..... sports

with my friends. Then I <sup>8</sup> ..... my homework. I <sup>9</sup> ..... dinner at half

past seven and then I <sup>10</sup> ..... TV. I usually <sup>11</sup> ..... to bed at ten o'clock.

