

My stressed day

- have a shower
- have a coffee
- do the housework
- start work at 8.30
- finish work at 6.30
- get dressed
- 1 wake up at 7.00
- have lunch at work
- go shopping
- go to bed late
- have pizza for dinner
- get home late
- go to work by bus
- watch TV and check emails



My healthy day

- go to Italian classes
- do Italian homework
- 1 get up at 8.00
- have breakfast
- do exercise
- go home early
- walk to work
- relax
- take the dog for a walk
- sleep for eight hours
- make the dinner
- have a bath



2 37))) Listen and check.