

## My Daily Routine

I wake up at 7:00 in the morning. First, I brush my teeth and wash my face. Then, I take a shower and get dressed. At 7:30, I eat breakfast. I usually have eggs, bread, and a cup of coffee. After breakfast, I go to work. I start work at 8:30. I work in an office, and I use the computer a lot.

At 12:30, I have lunch with my coworkers. After lunch, I work until 5:00 in the afternoon. When I finish work, I go home. At home, I relax for a while. Sometimes, I watch TV or read a book.

At 7:00, I eat dinner with my family. After dinner, I like to take a short walk or talk with my friends. Before bed, I brush my teeth again and prepare for the next day. Finally, I go to bed at 10:00 at night. This is my daily routine!

### TRUE or FALSE activity

I wake up at 6:00 in the morning.	<b>T</b>	<b>F</b>
I eat lunch at 12:30 with my coworkers.	<b>T</b>	<b>F</b>

### Multiple Choice

What time do I usually eat breakfast?

- a) 6:30
- b) 7:00
- c) 7:30

What does the person do after work?

- a) Go to bed
- b) Go to the gym
- c) Relax at home

### Matching activity

Match the activity with the correct time

Wake up
Start work
Finish work
Go to bed

5:00 pm
7:00 am
8:30 am
10:00 pm