



Read the following daily routine. Then, choose the correct form of the verb in each blank to complete the text.

CRISTIANO RONALDO'S DAILY ROUTINE

Cristiano Ronaldo is an awesome soccer player. He is one of the best players in the world.

Everyday, he _____ at 6:00 a.m and immediately, he _____ a cold shower to activate his muscles. At 6:20 a.m., he _____ time with his wife and sons. He _____ soccer for 2 hours and after that he _____ a 90-minute nap. He usually _____ fruit, ham, cheese and a glass of yogurt for breakfast. He _____ to _____ processed food. At 10:30 a.m., he _____ speed, strength, and endurance exercises and works on his core at the gym. He frequently _____ water and natural fruit juice without refined sugar. He _____ to drink soda or alcoholic beverages. At noon, he _____ another 90-minute nap and at 2:30 p.m., he _____ chicken or tuna, a big portion of green salad and olives for lunch. In the afternoon, he _____ and sometimes he _____ a cold bath or does a cryotherapy session to help his whole body recover and prevent injuries. At 7:00 p.m., he _____ meat or fish for dinner and from time to time he _____ some friends. He generally _____ at night and at the end of the day he _____ to bed.

He is a very disciplined athlete, we should follow his routine.