

My day

I get up at 6:45 when my alarm goes off. The first thing I do is feed the cat. After that, I have a shower and shave. Then I get dressed. Next, I have breakfast. I have cereal and a cup of coffee for breakfast, but I have toast and marmalade.

At 7:30 I leave home and walk to the bus stop. I catch the bus to work. The bus is late. If the traffic isn't very bad, I arrive at the office at around 8:10. I'm a web-designer, so I spend most of the day at the computer.

At 10 a.m. I have a coffee break and I chat with my colleagues about work or movies. We have a staff canteen, so I have lunch there, but more I just have a sandwich at my desk.

I leave work at 5:30 p.m., but now I need to work late, because I need to finish a project. Most days I go to the gym before I go home. It helps me keep fit and takes my mind off work.

In the evening, I enjoy relaxing with a glass of wine. I watch something on Netflix. I have dinner at around 8 p.m. and go to bed at 10:30 p.m.

I stay up late and I go out during the week. I'm very tired! My weekend routine is a little bit different.

I get up late. I do my shopping on Saturday mornings, but I go to the big supermarkets. The queues are too long. I prefer the local shops.

If the weather isn't very bad, I go for a long bike ride on Saturday.

I go to the pub on Saturday evening and have a drink with some friends, or I go and see a movie.

On Sundays I like to take things easy. I go out. I stay in and read the papers, do housework or DIY. I make Sunday lunch. I hate cooking!