

**Read the passage and choose the correct answer (A, B or C)**

Janet is an athlete, and she wakes up at 4:30 am every morning. She spends the first 30 minutes reading and then 15 minutes meditating. At 5:15 am Janet checks her email for only 30 minutes and then goes for her first run of the day. After running, Janet has a shower and then prepares breakfast, which is usually cereal and fruit. However, she occasionally has a less healthy breakfast.

On weekdays, she always leaves the house at 8:20 and goes to training. She trains for 3 hours with her team and then goes home for lunch. She always eats a very big and healthy lunch.

In the evening, during the week, she often meets up with friends. Most of her friends are athletes too, so they have a lot to talk about. She typically goes to bed at 9 pm. She sometimes falls asleep listening to music, but she never watches the television or reads anything on her tablet.

**1. What time does she finish checking her emails?**

- A. At 5.30 a.m.
- B. At 5.45 a.m.
- C. At 6.00 a.m.

**2. Janet \_\_\_\_\_ has a healthy breakfast.**

- A. Always
- B. Occasionally
- C. Usually

**3. How often does she meditate?**

- A. Once a day
- B. Three times a day
- C. Rarely

**4. What does she often do in the evening, during the week?**

- A. Watch television
- B. Read books
- C. Meet her friends

**5. What does Janet do to help her get to sleep?**

- A. Listen to music
- B. Read on her tablet
- C. Watch television

