

My daily routine

I usually wake up at **7 / 8** o'clock, except on Sundays when I like to sleep in. The first thing I do after getting up is have a **bath / shower**. After my shower I get dressed and have **coffee / breakfast**. I normally have **milk / bread** and cereal with a cup of coffee. When I have finished **coffee / breakfast**, I always clean my teeth. Most days, I leave the house at **7.45 / 10.45** and walk to the subway station, which is **20 / 2** minutes from my flat. I usually take the subway because it's quicker, but sometimes I catch the **bus / train**. From nine to five I work in **hospital / an office**. If I'm busy, I have a **sandwich / toast** at my desk for lunch, otherwise I go to the nearby **book / coffee** shop with a colleague. After sitting in front of a **computer / TV** screen for most of the day, I need to get some exercise, so after work I always go the **gym / swimming pool**. In the evening I like to relax by listening to some music with a glass of **water / wine**. I rarely go out during the week, but on **Saturdays / Sundays** I often go to the movies with my girlfriend. I usually go to bed at **10.30 / 10.00**, but if I'm tired, I go to bed earlier. One thing I never do is drink **juice / coffee** in the evening. It stops me from **sleeping / eating**!