

## DAILY ROUTINES



1. Read about Helen's day and complete the text with words from the box

get up go go go have have plays  
play talk watch

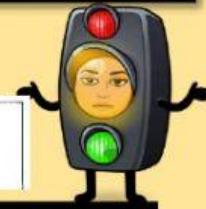


This is Helen. She's a snowboarder in her national team. This is her training routine when there's a competition.

I'm Helen and this is my typical day. I <sup>1</sup> *get up*... at nine o'clock and I <sup>2</sup> ..... breakfast with my team in the hotel and we <sup>3</sup> ..... TV. After breakfast we <sup>4</sup> ... *go* ..... to snowboard practice. My best friend <sup>5</sup> ..... ice hockey, so she goes to ice hockey practice. After lunch I <sup>6</sup> ..... to my friend's hotel room and we <sup>7</sup> ..... computer games. I <sup>8</sup> ..... dinner with my team and then I <sup>9</sup> ..... to my family on the phone. I <sup>10</sup> ..... to bed early – every day is a busy day!

2. Read about Mark's daily routine and complete it.

do finish get go go have  
have have play start watch



I have a busy day on Mondays. I <sup>1</sup> *get* ..... up at seven o'clock. I <sup>2</sup> ..... breakfast and then I <sup>3</sup> ..... to school with Anna, Will and Megan. We <sup>4</sup> ..... school at half past eight and we <sup>5</sup> ..... lunch at twelve o'clock. We <sup>6</sup> ..... school at half past three. After school, I usually <sup>7</sup> ..... sports with my friends. Then I <sup>8</sup> ..... my homework. I <sup>9</sup> ..... dinner at half past seven and then I <sup>10</sup> ..... TV. I usually <sup>11</sup> ..... to bed at ten o'clock.