

Watch the video and answer the questions:

1. What does Barak Obama do in the morning?
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2. What time does Jennifer Aniston wake up?
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3. What does "The Rock" drink in the morning?
.....
4. What does Oprah do when she wakes up?
.....
5. What does Warren Buffet recommend?
.....
6. What does Tommy Robins do?
7. What time does Queen Elizabeth wake up?
.....
8. What does Ferris write?

Write True or False:

1. Barak Obama sleeps for 5 hours.
2. Jennifer drinks coffee in the morning.
3. "The Rock" does exercises.
4. Oprah read a book in the morning.
5. Warren eats a healthy snack.
6. Tommy visualises his day.
7. The Queen reads the news.
8. Tim Ferris meditates for an hour.

and what do you do?