

Daily routine PART 1

IDENTIFY THE DAILY ROUTINE DESCRIBED.



Choose answers from the chart:

Eat breakfast	Prepare dinner	Take a coffee break	Visit the gym
Listen to podcast	Wake up	Do laundry	go grocery shopping
Set an alarm	Write a journal	Attend meetings	Visit friends

1. To open one's eyes and get out of bed in the morning.

__ Answer: _____

2. To have the first meal of the day in the morning.

__ Answer: _____

3. To be present at organized discussions or gatherings.

__ Answer: _____

4. To schedule a device to wake you at a specific time.

__ Answer: _____

5. To have a short rest while enjoying a coffee.

__ Answer: _____

6. To purchase food and supplies.

__ Answer: _____

7. To cook or arrange a meal for the evening.

__ Answer: _____

8. To spend time with pals for socializing.

__ Answer: _____

9. To document thoughts and experiences in writing.

__ Answer: _____

10. To engage with an audio program on a specific topic.

__ Answer: _____

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