



- A** afternoon *n.*
alarm clock *n.*
- B** breakfast *n.*
brush my teeth *v.*
- D** dinner *n.*
do exercise *v.*
do homework *v.*
do housework *v.*
- G** get dressed *v.*
get up *v.*
go to bed *v.*
- L** lunch *n.*
- R** relax *v.*
- T** take a bus *v.*
take a shower *v.*

1. My alarm clock always wakes me up at six o'clock every morning.
2. I wake up at six, but I _____ at six-thirty.
3. Then, I go to the bathroom to get washed and _____. Healthy teeth are important!
4. After that, I _____. I like to wear a tie.
5. Then, I usually have a big _____. I like to have some coffee, toast, and fruit.
6. I always _____ to my office.
7. At noon, I have _____ with my co-workers. We eat at a restaurant near our company.
8. In the _____ I take a bus to go back home. I get back home at about five o'clock.
9. After I get home, I often _____. I like to go jogging. Sometimes I do sit-ups.
10. After that, I _____ so that I can feel clean and fresh.
11. Then, I often help my wife _____. For example, I sweep the floor and throw away the garbage.
12. I like to help my kids _____ their _____. Sometimes my son needs help with his math.
13. I have _____ with my family in the dining room.
14. In the evening, we _____ and watch TV.
15. I _____ between ten and ten-thirty.