

A fitness woman

TRUE
OR
FALSE



She wakes up at 6 am every weekday morning

She spends the first hour minutes warming up

She runs along the block near her office

After running, she feeds her pets

She usually has greens and milk for breakfast

She usually finishes breakfast at 7:30 am

Her training starts at 8 am

She always goes walking to the gym

She trains for 4 hours with her coach

she never has a nap after lunch

On the weekdays, she meets up with neighbors

Katherine usually goes to sleep at 10 pm

She sometimes falls asleep watching t.v

She gets up at mid night to drink water



American Passport