



On Sundays, I get dressed
and I play football at
eight o'clock.

On Tuesdays, I have tea
with my son at half past
six.

On Saturdays, I go to bed at
quarter past nine.

On Mondays, I have
breakfast at twelve to nine.

On Thursdays, I have lunch
with my family at quarter to
one.

By: Lionel Messi

MY HEALTHY ROUTINE

On Fridays, I listen to
music with my wife at
ten past ten.

On Wednesdays, I
get up at seven
o'clock.