

My daily routine

1. Match the words to the correct picture.

gym, chemist's, petrol station, restaurant, café, baker's, swimming pool, market, library, hairdresser's, university, post office, museum, police station, florist's, church

 a. _____	 b. _____	 c. _____	 d. _____
 e. _____	 f. _____	 g. _____	 h. _____
 i. _____	 j. _____	 k. _____	 l. _____
 m. _____	 n. _____	 o. _____	 p. _____

2. Read the following text.

My name's Julia, and I am 27 years old. I live in London but I'm German. I live with my boyfriend and we are very happy. I work in a bank and I love my job.

From Monday to Friday, my day starts very early. I always **get up** at 6:30 and I have a 20-minute shower. Then, I **get dressed** and comb my hair. At 07:00 a.m I have breakfast. After that, I put on my make up and **go out**. On my way to work I go to a café near my house and **ask for** a coffee to go.

On Monday, Tuesday and Wednesday I **work out** in a gym near work. I take 15 minutes to **warm up** and 45 to train. When I **go back** home, I have a shower again, I prepare dinner and I watch TV for a while and then **turn in off**. I like to go to bed as soon as possible, around 9:30.

Thursday is different because I don't go to the gym. I **hang out** with my boyfriend every Thursday. We sometimes go to the cinema or we **go out** to a restaurant for dinner and to a pub to have a drink.

My boyfriend's name is Daniel, he is 31 years old, and he's an architect. He likes cooking but he doesn't like cleaning the house so he goes to the market to buy food and run errands for me, he goes to the chemist's, to the post office, etc. When I see him running I always want to say something, I **look at** the problem and think it's easier to help cleaning. But I never say anything.

On Friday night I always go out with my friends, we sometimes go to a bar and sometimes we meet at a friend's house.

Read the sentences and decide if they are true (T) or false (F).

1. Julia is English. _____
2. Julia gets up at 6:30 on Tuesdays. _____
3. In the morning, Julia puts on her make up and after that, she has breakfast. _____
4. When she goes to the gym, she warms up for 20 minutes. _____
5. She goes out with her boyfriend on Thursday night. _____
6. Julia and Daniel clean the house together. _____

3. Look at the words in **bold** from the text. Use them to complete the following definitions.

- a) To cease sleeping _____
- b) To stop the operation or flow of something by means of a valve, switch, or button. _____
- c) To think about a situation or subject carefully, especially in order to make a decision. _____
- d) To return _____
- e) To prepare for physical exertion or a performance by exercising or practicing gently beforehand. _____
- f) To rise from bed after sleeping. _____
- g) To spend time relaxing or socializing informally _____

- h) To request (someone) to do or give something. _____
- i) To put on clothes It's time to get out of bed and
get dressed. _____
- j) To exercise in order to improve the strength or
appearance of your body. _____

4. What about your daily routine? What do you do? Describe your routine using between 3-5 paragraphs. Don't forget to mention the different places you go around the city. Also use the phrasal verbs seen in the last exercise.
