



Read and drag the ideas to sections in which they are mentioned.

6 A.M. – 9 A.M.	
9 A.M. – 12 P.M.	
12 P.M. – 3 P.M.	
3 P.M. – 6 P.M.	
6 P.M. – 9 P.M.	
9 P.M. – 12 A.M.	
12 A.M. – 3 A.M.	
3 A.M. – 6 A.M.	

You should work as much as possible as your short term memory is at its best.

Your stomach stops working and you shouldn't stay awake as your brain should take a rest.

You should do exercise at this time as your heart and lungs work better and muscles are stronger.

It's not the best time to do exercise.

Your body temperature is falling to the lowest level.

Lunch should be your main meal of the day.

Your body produces a hormone that makes you feel sleepy.

You become less alert because your stomach is full.

