

6.00 get up early

6.10 (1) *have a shower*

6.30 have breakfast

7.30 go to work

8.30 (2)

8.35 check emails

11.30 (3)

11.05 check social media

13.00 (4)

17.00 finish work

18.00 get home

18.30 (5)

19.00 have dinner

20.00 (6)

23.00 go to bed