

MY DAILY ROUTINE

Read Ella's daily routine and answer the questions!

The alarm goes off at 2:35 a.m. I use my phone, and my partner also sets the alarm on his phone because I don't feel very secure if I just have one alarm. I get up right away. I usually feel terrible! It's always really hard to get out of bed. Luckily, I don't have to think about clothes because I always wear a white chef's jacket and a pair of jeans.

I don't have breakfast – I just get dressed and go right to work. I live very close to the shop, so I walk to work – it only takes five minutes. I start baking at 3:00 a.m. I'm always desperate for a cup of tea, and as soon as I have time I make one. I can't really function without a cup of tea. I make all the bread and cakes between 3:00 and 8:30 – that's when I open the shop.

I usually finish work at about 3:00 in the afternoon, so I'm often at work for about 12 hours. I go to bed at 8:30. Because we go to bed so early, during the week we don't go out at all. I sometimes go out on a Saturday evening, but I feel exhausted the next day.

Would I like to change my working hours? Yes. I love my job, and I don't mind getting up early, but I would like to sleep more.

Glossary

right away
immediately

baking making
bread and cakes

- 1) What time does she get up?
- 2) How does she get up on time?
- 3) How does she feel when she wakes up?
- 4) Does she have anything for breakfast before she goes to work?
- 5) How does she get to work?
- 6) What time does she start and finish work?
- 7) What time does she usually go to bed?
- 8) Would she like to change her working hours?



Read Peter's daily routine and answer the questions!

The *Peter Gordon Breakfast Show* starts at exactly 6:00, so I need to be at work at 5:30 a.m. on weekday mornings. I'm lucky because I live very close to the studio – it's only three to four minutes by car – so I get up at about 4:45. I wake up on time because I have an alarm that repeats, and I wear a Fitbit that vibrates as well. When that goes off, I know that I really have to get up!

For the first few minutes I feel a little sleepy, but then I wake up quickly. I choose my clothes the night before, and that way everything's ready. I have a cup of tea, and then I leave the house at about 5:15. I have breakfast during the radio show while I'm playing music – maybe a smoothie and some cereal. I'm a director of the radio station, so after my show I usually work in the office until late afternoon – it's a long working day!

I go to bed late, usually at about 11:00. I find it very difficult to go to bed early, it's always been a problem for me. So I only get about five or six hours of sleep – but that's enough for me. Because I get up early, I try not to go out with friends during the week. I only go to necessary events, like work events. Weekends are different!

I know I get up really early, but I don't want to change my hours because I really love my breakfast show, and I never want to give it up.

Glossary

Fitbit an electronic bracelet that measures your physical activity

smoothie a drink made with fruit or fruit juice mixed with milk

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