

DAVID'S ROUTINE

BREAKFAST PM AM DINNER MORNING EVENING

Every _____, I wake up at 6 _____. I have a quick shower and then make myself _____ cup of coffee. I usually have ____ toast with butter and jam for _____, but I don't have ____ fruit. After breakfast, I check my timetable for the day. On Mondays, I have ____ early meeting at 8:30 with my team. On Tuesdays and Thursdays, I attend ____ yoga class at the gym during my _____ break. I always bring ____ bottle of water and ____ towel with me.

In the _____, I often have ____ free time to catch up on emails or read ____ book. Sometimes, I meet ____ friend for ____ coffee at the café near my office. In the evening, I usually cook _____ at home. I like to try new food, so I always have ____ fresh vegetables and herbs in my fridge. After that, I watch ____ movie or listen to ____ music before going to bed around 11 _____.