

A day in the life of Mark Zuckerberg

Mark Zuckerberg is a busy guy. He runs Facebook, the social media giant, so it isn't surprising that the technology wonder kid has quite a lot to do throughout the day. Despite being responsible for a company that makes over \$400 billion every year, amazingly Zuckerberg still makes the time to exercise regularly, travel often, and spend time with his young family. How does he do it?

Zuckerberg tries to keep his choices in life simple. Most people spend a lot of time thinking about what to wear or what to cook, where to go and what to do, but Zuckerberg never thinks about these things. He wakes up at the same time every day, checks Facebook and WhatsApp on his phone, then he usually works out in his personal gym at home. Zuckerberg typically exercises about three times a week, and sometimes he goes jogging with his pet dog. There's nothing unusual about Zuckerberg's diet. After exercising, he eats what he feels like for breakfast, then he's ready for the day.

Zuckerberg doesn't like to waste time on small decisions. That's also why he wears the same thing almost every

day: jeans, trainers and a grey t-shirt. It's not because he's lazy or hates fashion, but because he doesn't want to think about clothes. He wants to think about important things. Zuckerberg works 50 to 60 hours a week for his company, Facebook, but he thinks about the social media platform constantly. 'I spend most of my time thinking about how to connect the world and serve our community better, but a lot of that time isn't in our office or meeting with people,' he says. Most of his work is away from the office – when he's thinking of new ideas.

When he's not working, Zuckerberg spends some of his time learning new things. Currently, he's studying Mandarin Chinese. He also tries to read as many books as he can – in 2015, he read a new book every two weeks. He believes in having personal goals in life – he thinks that we feel better when we learn or do new things. Travelling or working, Zuckerberg also spends a lot of time with his wife, Dr Priscilla Chan, and his two children. Like all parents, he thinks it's important to have time with his family when they are young and growing up.

5 Read the article about Mark Zuckerberg. Choose the correct answer (A, B or C). There is an example at the beginning (0).

0 What sort of company does Mark Zuckerberg run?
A a clothes company
B a supermarket giant
C a social media company

1 How does the writer feel about Zuckerberg's lifestyle?
A He thinks he shouldn't work a lot of hours.
B He is surprised that he does so many things.
C He says he doesn't have any time with his family.

2 In the writer's opinion, how is Mark Zuckerberg different from other people?
A He does more exercise than most people.
B He spends more time using technology than other people
C He spends very little time thinking about things like food or clothes.

7 What does the writer say about Mark Zuckerberg's work?
A He is constantly in his office.
B He often isn't at the company.
C He doesn't think about the company a lot.

8 According to the writer, what is Mark Zuckerberg doing these days?
A reading two books a week
B learning a new language
C travelling

3 How often does Mark Zuckerberg do exercise?
A every day
B quite often
C not very often

4 In paragraph 2, what does 'works out' mean?
A does a job
B does some exercise
C calls people

5 What does Mark Zuckerberg eat for breakfast?
A the same things every day
B whatever he wants to eat
C a special diet

6 What do we find out about the clothes Mark Zuckerberg wears?
A He never wears T-shirts.
B He often wears old clothes.
C He usually wears the same clothes.

9 What do we find out about his private life?
A He isn't married yet.
B He doesn't have any kids.
C He is a father.

10 In paragraph 4, what does 'personal goals' mean?
A things he wants to do in life
B people who are important to him in life
C characteristics that he has