

**"Routine Detective" Quiz:** Spot mistakes in a poorly planned day.

Below I will give you Carlos' daily routine, you should read and pay attention to what he does in his day and then choose the right choices that Carlos should make in his routine I would say so that he has a usable day.

*"A boring day"*

Hello, my name is Carlos and today is a very boring day. Every day I get up at 7:30 am, the first thing I do is check my social networks, then I see that I am late for work, and I run to the shower and get dressed. I arrive at work almost 15 minutes late because I enter at 8:00 am. In my work I always accumulate my homework, and I leave everything at the last minute. At my departure time, I go home, go to bed to look at my cell phone or watch movies, and the jobs at home are always many. After this I go to bed very late and start my boring day again.

- Carlos must:
  - A. Keep sleeping
  - B. Get up early so you can get ready on time
  - C. Longer look at their social networks
- In his work, so that his duties do not accumulate, Carlos must:
  - A. Plan your duties from the most urgent to the least urgent
  - B. Failing to perform their duties
  - C. Leaving everything at the last minute
- After working Carlos must:
  - A. Lying down doing nothing
  - B. Watching series and movies until late
  - C. Do the housework and Carlos has good energy after work
- Carlos, at what time should he go to bed?
  - A. Around 9 p.m., so that he can rest well
  - B. Around 11 p.m., checking his social networks
  - C. Around 1 a.m., so you don't get enough rest.
- Why is it important to plan your daily routine?
  - A. It's not important, because not all things are done in the day
  - B. It is important, because tasks are planned in order
  - C. It's not important, because the day is so short.