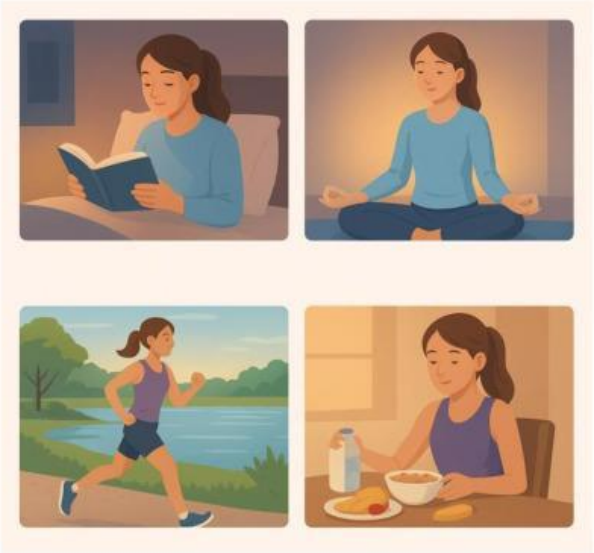
The daily routines of a sportswoman

Janet is an athlete, and she wakes up at 4:30 am every weekday morning. She spends the first 30 minutes reading and then 15 minutes meditating. At 5:15 am Janet checks her email for only 30 minutes and then goes for her first run of the day. She runs for an hour and a half along the lake near her house. After running, Janet has a shower and then prepares breakfast, which is usually cereal and fruit. However, she occasionally has a less healthy breakfast.

She usually finishes breakfast at around 8 am. If it is a weekday, she always leaves the house at 8:20 and goes to training. Her training starts at 9 am, and she needs 30 minutes to drive to the gym. She trains for 3 hours with her team and then goes home for lunch. She always eats a very big and healthy lunch. As soon as she finishes lunch, she has a nap for one hour.

After her nap, she likes to go for a walk around the lake and look at nature. She sometimes reads or meditates at the lake in the afternoon. In the evening, during the week, she meets up with friends. Most of her friends are athletes too, so they have a lot to talk about.

She typically goes to bed at 9 pm because she prefers to be awake in the morning than at night. She sometimes falls asleep listening to music, but she never watches the television or reads anything on her tablet. She always makes sure her alarm is set and is almost always asleep by 9:45 pm.



LIVEWORKSHEETS

Multiple choice questions:

1. What does Janet do after she wakes up?

A) She reads and meditates

B) She eats breakfast

C) She goes running

2. How long does Janet run in the morning?

A) 30 minutes

B) 1 hour

C) 1 hour and 30 minutes

3. What does Janet do after lunch?

A) She goes to sleep for a short time

B) She goes to the gym

C) She reads a book

D) She meets her friends

4. What time does Janet usually go to bed?

A) At 8 pm

B) At 9 pm

C) At 10 pm

D) At midnight

LIVEWORKSHEETS

False/ True statements:

1. Janet wakes up at 5:00 in the morning.

a. True

b. False

2. Janet usually eats a healthy lunch every day.

a. True

b. False

3. Janet likes to watch TV before she goes to sleep.

a. True

b. False

Matching questions:

A. Activities

1. ___ Janet wakes up
2. ___ She starts training
3. ___ She goes to bed

B. Times
a. 9:00 am
b. 9:00 pm
c. 4:30 am

LIVEWORKSHEETS