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.

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Multiple choice.

1. What time does she finish checking her emails?

A. 5:30 a.m
B. 5:45 a.m
C. 6:00 a.m

2. How long does she run for in the morning?

A. 45 minutes
B. 60 minutes
C. 90 minutes

3. How often does she meditate?

A. Once or twice a day
B. Once a day
C. Rarely

4. What does Janet do to help her get to sleep?

A. Listen to music
B. Read on her tablet
C. Watch tv

LIVEWORKSHEETS

True or False.

5. Janeth is a soccer player.

True False

6. In a weekday, she always leaves the house at 8:20 and goes to training.

True False

7. Janet checks her email for one hour.

True False

Matching questions.

-Match the statement with the correct answers:

	30 minutes
8. Janeth medites:	20 minutes
	15 minutes
	10: 00 a.m
9.She finishes breakfast:	8:00 a.m
	7:00 a.m
	3 hours
10. Janeth trains for:	1 hour
	5 hours

LIVEWORKSHEETS