

Daily routines



Hi, I'm Sofia, and I'm a young adult. I work at an office, so I have a busy routine. I wake up at 6:30 a.m., take a shower, get dressed, and drink a cup of coffee. Then I drive to work and start answering emails, attending meetings, making phone calls, and organizing documents. I eat lunch around noon and sometimes go for a short walk. After work, I go back home, cook dinner, clean the kitchen, and spend some time reading or watching a series. Before bed, I scroll on my phone and plan my tasks for the next day. On weekends, I usually go shopping and meet my friends for dinner.



Hello, I'm Daniel, and I'm a high school student. I wake up at 5:30 a.m. every day because my classes start early. I get dressed, eat breakfast, brush my teeth, and walk to school. At school, I attend different classes, complete assignments, listen to my teachers, and talk to my classmates during breaks. After school, I come home, have lunch, do my homework, study for quizzes, and help my parents with some chores like sweeping or washing the dishes. In the evening, I watch TV, check my phone, and prepare my backpack for the next day. On weekends, I usually play soccer with my friends and visit my grandparents.



Hi, my name is Andre, and I am a university student. Every day, I wake up at 6:00 a.m., make my bed, take a shower, get dressed, and prepare breakfast. After that, I brush my teeth and take the bus to campus. I attend classes, take notes, participate in discussions, and sometimes visit the library to study. In the afternoon, I eat lunch with my friends, check my emails, and work on assignments. When I get home, I review my notes, do homework, cook dinner, wash the dishes, and relax for a while. I usually go to bed around 10:30 p.m. On weekends, I usually go to the gym and spend time with my family.