



My Weekend Routine

GLORIA JUDITH MONTOYA

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I wake up at 6.30 a.m and I get up immediately.



I brush my teeth and prepare coffee



I drink coffee



Then, I take a shower and get dressed



I eat breakfast



At 7 o'clock I go to the gym and I train for two hours



At 10 I arrive home, take a shower again and clean the house.



Then I cook and eat lunch at 1 o'clock.



After that I take a nap for an hour.



In the afternoon, I wash my clothes,



I watch TV and I go to the supermarket.



In the evening, I go out with my friends, sometimes we go to the movies.



At night I read, listen to music, surf on internet.



I eat dinner and go to bed at 11 o'clock

