#### My Weekend Routine

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



### I brush my teeth and prepare coffee

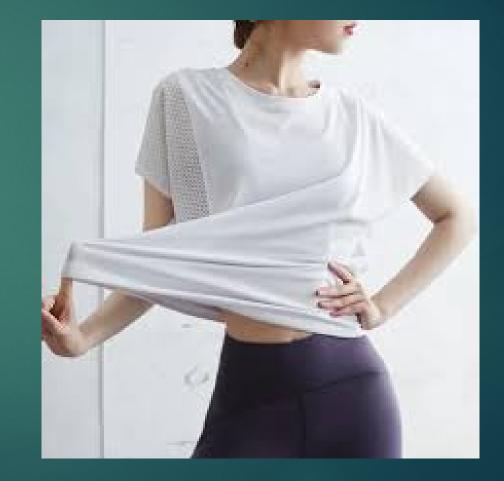


#### I drink coffee



#### Then, I take a shower and get dressed





#### l 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.

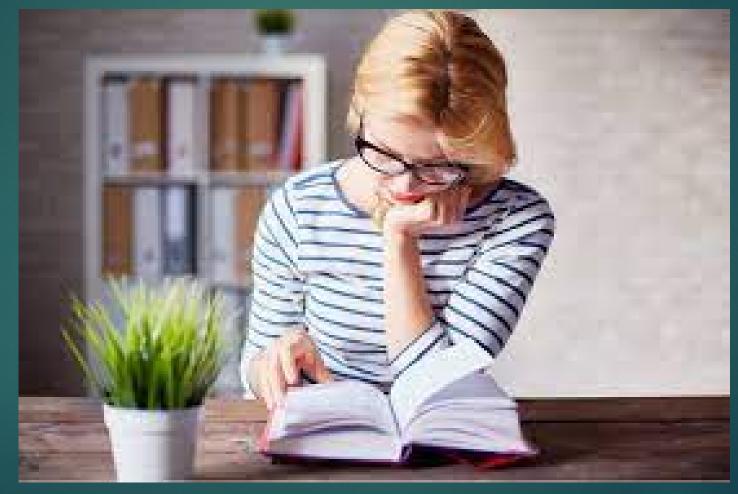




# In the evening, I go out with my friends, sometimes we go to the movies.



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



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



