

MY DAILY ROUTINE

In the Morning

6:45 AM

In the morning, i wake up at 6:45 am. It took me 5 minutes to wake up

1

My name is JP and this is my routine

2

Next

6:55 AM

At this time I take a shower of approximately 10 or 12 minutes

At

3

7:05 AM

I took 5 minutes to get dressed, comb my hair, and apply cream and lotion

4

At

7:10 AM

I prepare my breakfast which is milk with cereal, which takes me 10 minutes

At

5

7:20 AM

I finish getting things ready to go to work and clean my cat's litter box and make sure he has food and water before I leave. I say goodbye to my cat and leave the house

6

At

7:40 AM

I proceed to take the motorcycle out of the parking lot, warm it up and make sure everything is fine

At

7

7:55 AM

I arrive at work and prepare to carry out my duties as a technical assistant at San Buenaventura University

8

At

10:00 AM

I take time off to drink coffee

Noon

9

12:00 PM

It's time for lunch, which I do with my colleagues and it takes us 1 hour

10

Later

1:00 PM

I go out with my colleagues for a walk to get rid of the laziness of the afternoon

In the afternoon

11

2:00 PM

I start working and free myself from things I didn't finish in the morning or meetings with my bosses

12

At

4:55 PM

I say goodbye to my colleagues and proceed to go home

At

13

5:00 PM

I get home, greet my cat and again check that he has food and water, clean his litter box and take about 20 minutes of sleep

14

At

5:20 PM

I get up, eat something before going to study in the Seine, pack my lunch box, say goodbye to my cat and go out.

In the night

15

6:00 PM

I greet the people with whom I share the most and study until 9:20 at night

16

At

9:40 PM

get home, change my clothes, play with my cat and go to bed at 10 at night to prepare for a new day.

Mornig

17

6:45 AM

I repeat my previous routine from Monday to Saturday and on Sunday I generally rest or do SENA work and private jobs, and I visit my grandparents