

# ACTIVITIES DURING THE WEEK

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# MY ROUTINE

During the week i have a little routine that i've implemented:

- Every day i practice english around 10 or 15 minutes in duolingo and singing rock and pop songs
- Frequently i do exercise to practice different parts of my body, like: arms, legs, chest..., i do it around five days a week
- This year i start to implement the habit of the reading, and nowadays i often read different books, it's really funny!



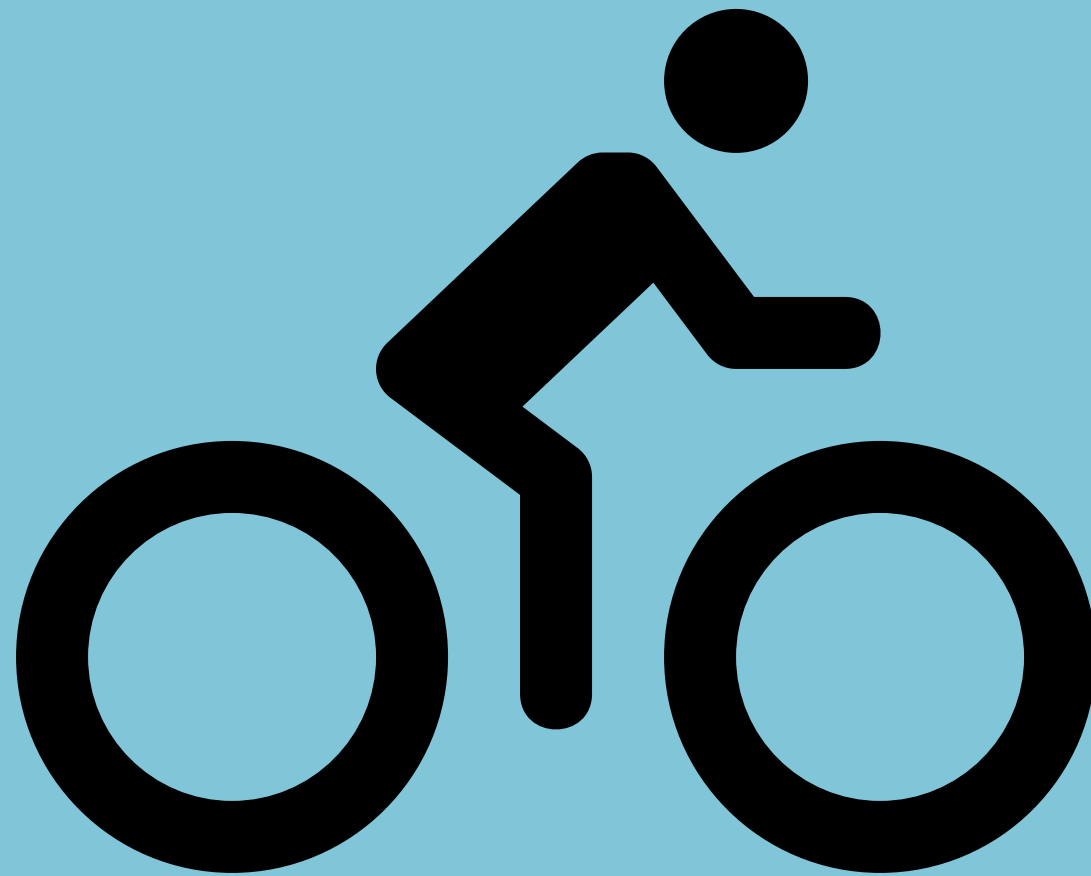
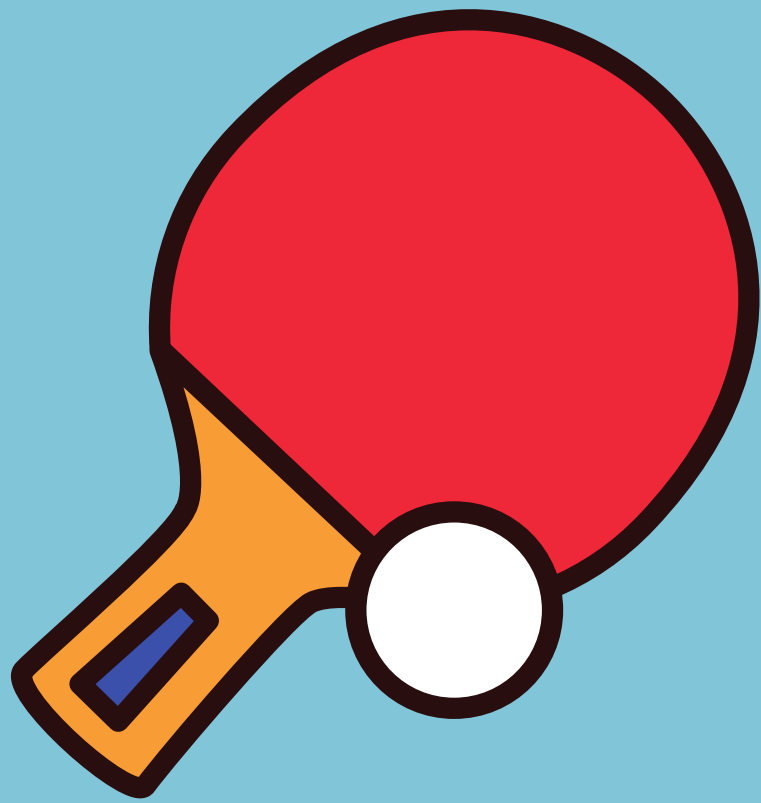
## SPORTS

Another things that i do in the week are the next one:

sometimes i go stadium with my dad to practice table tennis, he works a lot, so, we go once every two weeks

Another thing that i like to do is to play with my friends in a place called UVA, ocassionally we do it and play table tennis and chess

i like very much to ride my bike and explore different places that i've never go before, and i do this weekly

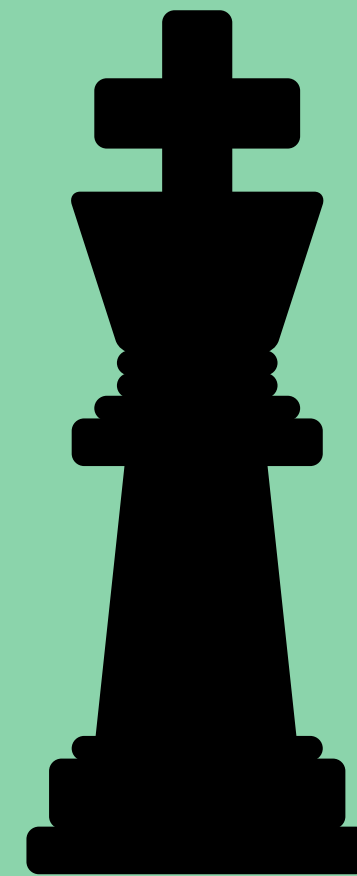
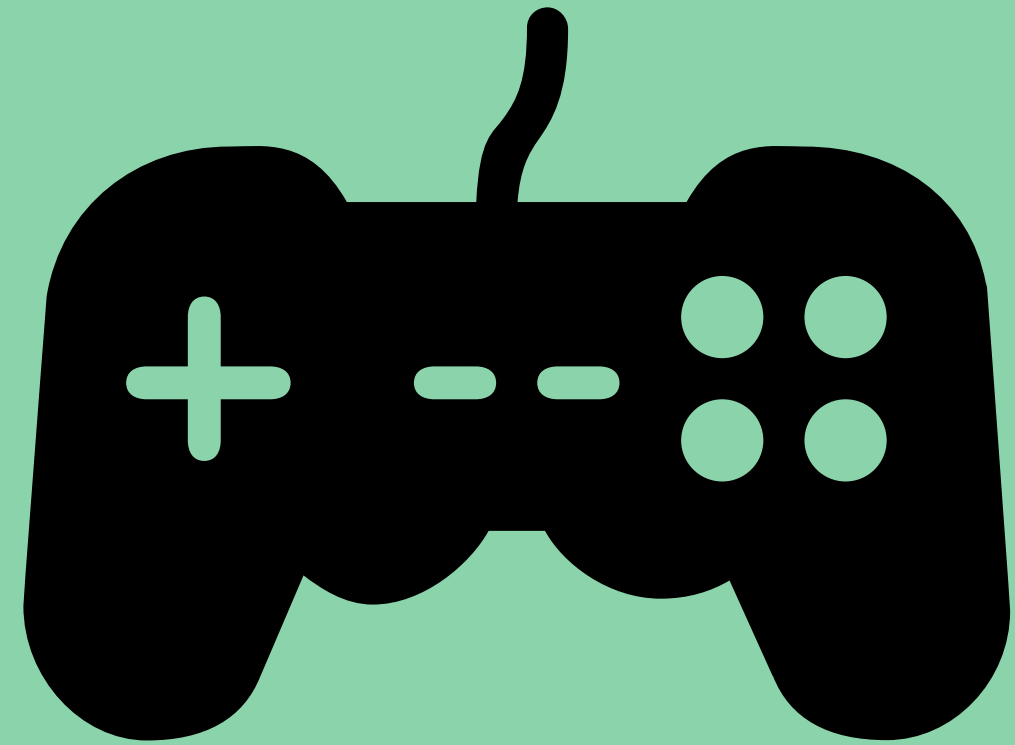


## SPARE TIME

I have some things that i do like a  
laisure:

i have a videogame console: a play4, so, i  
play in it when i have free time and i've  
already do my homeworks and habits, i  
don't have a specific time for that.

i like to play online chess in my pc, i  
trained chess during 6 years, but today i  
don't have enough time to practice it a  
lot, so, i do it like a leisure





## HOUSEWORK

once every two weeks my father buys the food in the market, and i'm going with him to carry the heavy things or something like it

once a week i colaborate with the cleaning in the house but every day i wash the dishes