**Name: Nguyễn Hữu Trí**

**The Dentist's Office**

Confirm appointment, verify the date and time of your dental appointment. If needed, confirm with the office or reschedule. Gather any necessary documents, including insurance information, identification, and previous dental records if required.

Arrive at the office a few minutes early. Check in at the reception desk and provide your name and appointment details. Fill out any required forms, including medical history and consent forms, if this is your first visit or if there have been changes to your health. Sit in the waiting area until your name is called. Use this time to review any educational materials or brochures if available.

When called, proceed to the examination room. A dental hygienist or assistant will usually begin by taking your vital signs, such as blood pressure, and discussing any current issues or concerns. If required, have any X-rays or other diagnostic imaging taken. The dental hygienist will clean your teeth, remove plaque and tartar, and polish your teeth. The dentist will then conduct a thorough examination, checking for any signs of dental problems and assessing your overall oral health. Discuss any findings, treatment options, and recommendations with the dentist. Ask any questions you might have about your oral health or treatment plan.

If any additional treatments or follow-up appointments are needed, schedule these at the front desk before you leave. Make sure you understand any instructions for post-visit care, including how to care for your teeth or follow-up procedures if any treatments were performed.

Proceed to the reception desk to pay for the visit or finalize your insurance claims. Review any charges or payments due. Obtain copies of your receipt, treatment summary, and any other relevant documents. If not already done, schedule your next routine check-up or cleaning appointment.Gather your belongings, ensure you have everything, and leave the office. Follow any post-visit care instructions provided by your dentist or hygienist, such as specific oral hygiene practices or dietary recommendations.

**Supermarket**

Make a shopping list of items you need. Check your pantry and fridge to ensure you don’t forget anything. Bring reusable shopping bags, if you have them. Park your vehicle in the designated parking area. Ensure you are parked in a spot that allows for easy access to the store entrance. Enter through the main entrance. Grab a shopping cart or basket if needed. Begin your shopping according to your list. Follow the store layout to efficiently locate items:

Start with produce (fruits and vegetables).

Move to the dairy section.

Proceed to the meat and poultry section.

Visit the bakery and bread aisle.

Pick up canned goods, dry goods, and other non-perishables.

Don’t forget any household items or personal care products you need.

Once you have collected all items, proceed to the checkout area. Choose between a self-checkout station or a cashier-operated register. Scan or hand over your items to the cashier. Pay for your purchases using your preferred payment method (cash, credit/debit card, etc.). If you’re at a self-checkout, bag your items yourself. If using a cashier, the cashier will bag your items or you can request assistance. Collect your receipt and any applicable coupons or loyalty cards. Ensure you have all your purchased items and personal belongings. Load your groceries into your vehicle. Ensure you have securely closed the trunk or back of your vehicle. Return your shopping cart to the designated cart return area. Unload groceries and other items from your vehicle. Store perishable items promptly to maintain freshness. Organize and put away items in your pantry, fridge, or other storage areas. Review your receipt to ensure all items were charged correctly. Make a note of any items that need to be replenished for future shopping trips.