Sarah’s Week 2023.03.19

C111105105

陳佑柱 Yozu

My name is Sarah, I’m a coach. Every week. I have a very busy routine. You see my day begins at 06:45 every day after I have my breakfast with honey, butter, toast, Fired eggs, apple juice any more ……. I usually leave home 7:45, cycle to work .it is about teach karate to kids.

In the afternoon I have lunch 12:00 and, take a shower, leave gym at 16:00, take half an hour to get home.

After returning home, I cook dinner every day, and help my daughter with her homework.

read magazines, play chess with husband, good night for 22:30

Saturday, go camping by the lake, catch and cook fish, we can sleep under the turf let me feel free, final we fly a kite.

On the Sunday I do tired housework, and take my dog for walk, do the grocery shopping with my family , Before going to bed we'll watch a movie.

This is my busy and sweet week. <3