MY DAILY ROUTINE

Carlos andres perdomo medina





IN THE MORNING

I get up at 6 am, shower at 6:15, get dressed and play for 15 minutes with my son juan jose; then I go to work at 7:30 am,



IN THE MORNING

I have breakfast at the company's restaurant



IN THE MORNING

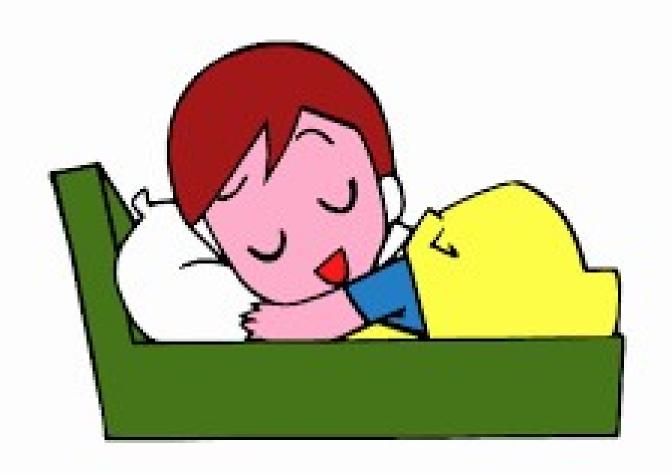
and start working at 8 am,



IN THE AFTERNON

I leave at 12 noon to have lunch and study until 2 pm,

I leave for the sena at 5 pm I arrive to study at 6:20 am,



IN THE AFTERNON

I go to bed at 12 midnight and sleep at 12 midnight.