

Habits

John Doe

March 22, 2005

In the morning

Getting up

- ▶ Turn off alarm
- ▶ Get out of bed

Breakfast

- ▶ Eat eggs
- ▶ Drink coffee

In the evening

Dinner

- ▶ Eat spaghetti
- ▶ Drink wine

Going to sleep

- ▶ Get in bed
- ▶ Count sheep