Name: Eduardo Lucas Lemes Januário Class: 1º Semester of ADS

**My daily routine**

My name is Eduardo and I'm 18 years old. I was born in Carapicuíba and have lived in Barueri all my life, but because of my enem grade and other factors I moved to Catanduva. I currently work in a car wash during the day and study at the IFSP at night.

My routine is quite simple: every day I wake up at 6am, shower and walk to work, where I stay until 5:30pm, with a lunch break that varies a lot. Around 6pm, I get home and have a quick afternoon coffee, make my lunch and go to college. After a full and tiring day, I get home around 11.30pm and go to bed. I repeat this routine every day until Friday.

My weekends are reserved for church. Many of these weekends I'm traveling on missions with my companions, and when I'm not traveling I try to congregate here in Catanduva.