

*From Monday to Friday I usually get up at six o'clock in the morning. Then I take a shower and get dressed. I have breakfast with my wife at a quarter to seven, and then leave home at a quarter after seven. I go to work by train, and I arrive to the office before nine.*

*When I arrive at the office, I always check my email. I get many messages from my clients and other offices. Then I usually have a meeting with my co-workers from eleven oh five to noon.*

*I have lunch in the office cafeteria at twelve thirty. The food isn't very good, but it's cheap. After lunch I sometimes meet clients, or write reports.*

*I usually finish work at six o'clock, and I take the train at a quarter after two. I am home at seven thirty, and have dinner with my family.*

*In the evening, I help my children do their homework from eight thirty to nine fifteen, and I watch TV with my wife. I go to bed at a quarter to eleven. On Saturday I watch movies with friends from eight to midnight. I go to bed at twelve forty five.*



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In the evening, I help my children do their homework            eight thirty            nine fifteen, and I watch TV with my wife. I go to bed            a quarter to eleven.            Saturday I watch movies with friends            eight            midnight. I go to bed            twelve forty five.

