```
#include <stdio.h>
int main() {
  int day;
  printf("Enter the day of the week (1-7):\n");
  printf("1. Monday\n");
  printf("2. Tuesday\n");
  printf("3. Wednesday\n");
  printf("4. Thursday\n");
  printf("5. Friday\n");
  printf("6. Saturday\n");
  printf("7. Sunday\n");
  scanf("%d", &day);
  switch (day) {
    case 1:
    case 2:
    case 3:
    case 4:
    case 5:
       printf("It's a weekday. Here's your routine:\n");
      switch (day) {
         case 1:
           printf("Monday Routine:\n");
           printf("- Work\n");
```

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printf("- Gym\n");
  printf("- Dinner\n");
  break;
case 2:
  printf("Tuesday Routine:\n");
  printf("- Work\n");
  printf("- Meeting\n");
  printf("- Movie night\n");
  break;
case 3:
  printf("Wednesday Routine:\n");
  printf("- Work\n");
  printf("- Yoga\n");
  printf("- Cooking class\n");
  break;
case 4:
  printf("Thursday Routine:\n");
  printf("- Work\n");
  printf("- Coffee with friends\n");
  printf("- Book club\n");
  break;
case 5:
  printf("Friday Routine:\n");
  printf("- Work\n");
```

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printf("- Happy hour\n");
           printf("- Dinner with family\n");
           break;
      }
      break;
    case 6:
      printf("It's Saturday. Enjoy your weekend!\n");
       break;
    case 7:
       printf("It's Sunday. Relax and prepare for the week ahead.\n");
      break;
    default:
      printf("Invalid choice. Please enter a valid day (1-7).\n");
      break;
  }
  return 0;
}
```