

Daily routine

She gets up at about 7 o'clock and then drinks a cup of coffee. When she feels a bit more alert she showers and changes. She buys breakfast at the café below her block and takes it to work to eat. She likes something sweet in the morning so she gets croissants and Danish pastries.

She travels to work on the underground and arrives at about 8.45. She chats to her colleagues for a while and starts work at nine o'clock. She checks her email and then spends the rest of the morning on the telephone to customers. She leaves the office for lunch at 12 o'clock.

She goes home after work or sometimes eats out or meets her friends for a drink. She goes to bed at midnight most weekdays and saves her energy for the weekends.