

Unordered List

- Fruits
 - Apple
 - Banana
 - Orange
- Vegetables
 - Carrot
 - Broccoli
 - Spinach
- Grains
 - Rice
 - Wheat
 - Oats

Ordered List

1. Morning Routine
 1. Wake Up
 2. Brush Teeth
 3. Have Breakfast
2. Work Tasks
 1. Check Emails
 2. Attend Meetings
 3. Complete Assignments
3. Evening Routine
 1. Exercise
 2. Have Dinner
 3. Relax