

**IN THE MORNING**

# GETTING UP

This is great — or not. Emdash.

This is an endash – so there.

- Turn off alarm
- Get out of bed

# BREAKFAST

- Eat eggs
- Drink coffee

**IN THE EVENING**

# DINNER

- Eat spaghetti
- Drink wine



# GOING TO SLEEP

- Get in bed
- Count sheep