"I often get up at 6.30 a.m. After brushing my teeth and washing my face I usually have breakfast at 7 a.m. I go to work by motorbike and be there at about 8 a.m. I usually start my work at 8:30 a.m. I stop at 11:45 for my lunch in my office. In the afternoon, I finish my work at 5:30, then I go home. I usually have dinner with my family at 7 p.m. Sometimes I go out with my friends until 11 p.m." **(Jack Miller – 25 years old)**

"Every morning from Monday to Saturday, I get up at 6 o'clock. After breakfast, I go to school by bicycle. It takes me about 20 minutes from my house to get to my school. Usually, I study at school until 11:30 a.m. I return home at noon to have lunch with my family. In the afternoon I attend English and computer classes. I always get home just in time for dinner at 7:30 p.m." **(Marguerita – 16  years old)**

"I usually get up at 5 a.m. Then I do morning exercise in the garden for 30 minutes. I have breakfast at 7 a.m. I usually read the newspaper and watch TV until 11 a.m. I have lunch at 11:30. In the afternoon, I often visit my friends or go for a walk." **(Tim Berner – 63 years)**

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Hi! My name is Lucy.This is my daily routine on weekdays.   
I wake up at half past seven and I have breakfast with my parents and my younger sister Paula. I like cereals but my sister likes bacon and eggs. My parents have coffee and toast.  
We go to school by bus, but my father goes by train. My mother works at home. She is a journalist.  
We have lunch at school, because in the afternoons we do activities: I sing in the choir and play basketball; my sister goes to art class and plays badminton.  
After school we go home and my mother helps us with the homework. We also help at home. I clean the rooms and my sister washes the dishes.  
In the evenings, we watch TV, play games and talk about our day. My sister and I go to bed at nine o’clock.  
On weekends we get up later, around nine o’clock. We play outdoor games, in the park or our garden. Then we visit our grandmother, I like her very much! She makes us cakes and we play all afternoon with our cousins. It’s great fun.

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