

Habits

John Doe

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In the morning

Getting up

- ▶ Turn off alarm
- ▶ Get out of bed

Breakfast

- ▶ Eat eggs
- ▶ Drink coffee

In the evening

Dinner

- ▶ Eat spaghetti
- ▶ Drink wine



Figure 1: picture of spaghetti

Going to sleep

- ▶ Get in bed
- ▶ Count sheep