

## My Daily Routines

I'm going to speak about my daily routine.

On weekdays (from Monday to Friday), I wake up at twenty past seven, but I get up at half past. I have a shower, and then I have breakfast. I usually have a white coffee and toast for breakfast, but some days I have biscuits or cookies! (People in the USA say "cookies" and people in the UK say "biscuits".) After breakfast I get dressed and I go to work at quarter past eight. I walk to the train station. That's about ten minutes. I get the train at 8.30 and I get to Atocha train station at ten to nine, and then I walk to my office.

I start work at nine. I work from nine to two, and from three to six in the afternoon. I have lunch in my office. I often have a sandwich and a piece of fruit. Sometimes I have a chocolate bar, too! After work, I go shopping for food and things for the house. I get home before half past seven. I rest a bit, and then I do some housework. At about nine I cook dinner for my family and me. We usually have dinner at half past nine. After that, we watch TV or I read a book. I usually go to sleep in front of the TV set or the book! I'm very tired!

I go to bed at midnight.

At the weekend, my day is much better! I sleep more and I relax. Sometimes I go out for a drink with friends or my family and I go out for a meal. Once a month we go on a day trip to the countryside or the mountain. We need to breathe fresh air! Sometimes I stay home, and I listen to music, or watch films or movies with my family. I also like drawing and dancing! Sometimes I go dancing with my friends. It's fun! On Sunday evening I usually read a bit, novels!

Well, that's all! Thanks for listening!