

job: pupil
morning:
 gets up - 6:50
 goes to the bathroom
 puts on his clothes
 has breakfast
 goes to school by bus
 has seven lessons a day

afternoon:
 has lunch at school (packed)
 goes home - 3:45
 relaxes for 25 minutes
 does his homework - 4:15-5:15
 goes to the sports centre (plays football)

evening:
 has dinner - 7:00
 watches TV
 cleans his shoes
 brushes his teeth
 goes to bed - 9:30



Jamie

job: pupil
morning:
 gets up - 7:10
 has a shower
 gets dressed
 has breakfast
 makes her bed
 her father drives her to school
 has six lessons a day

afternoon:
 has lunch at school canteen
 goes home - 3:30
 does her homework - 4:00-5:30
 helps her mother with the cooking

evening:
 has dinner - 6:30
 tidies her room
 brushes her teeth
 reads a book
 goes to sleep - 8:30



Melanie

job: shop assistant
morning:
 gets up - 6:00
 feeds her cat
 makes her breakfast
 brushes teeth
 tidies her room
 has breakfast
 leaves to work - 8:15

afternoon:
 finishes work - 5:00
 goes shopping
 has a light dinner at a café
 goes to her aerobics lesson

evening:
 arrives home - 8:00
 calls her friends
 has a shower
 watches TV
 goes to bed - 10:10



Victoria

job: security guard
morning:
 arrives home - 7:00
 has breakfast
 has a shower
 goes to sleep
afternoon:
 has lunch - 1:50
 washes up
 reads the newspaper
 does his job around the house
 helps his wife with the housework
 takes the dog for a walk

evening:
 has dinner - 7:15
 has a shower
 goes to work by car
 works all night



Brian

job: retired
morning:
 gets up - 5:30
 washes her face and teeth
 gets dressed
 makes breakfast
 cleans the house
 cooks lunch
afternoon:
 looks after her grandchildren
 prepares dinner for her daughter's family
 knits
 listens to the radio

evening:
 does the laundry
 irons the clothes
 has dinner
 reads magazines
 has a shower
 goes to sleep - 9:15



Anna

job: student
morning:
 gets up - 7:30
 brushes teeth
 washes his face
 makes his breakfast
 has breakfast
 puts on his clothes
 leaves to university - 8:45

afternoon:
 has lunch - 2:00
 finishes his lessons - 6:00
 plays basketball with his friends for an hour

evening:
 arrives home - 7:30
 has dinner
 tidies the flat
 reads a lot for his exams
 has a bath
 goes to bed - 11:20



Mark

job: student
morning:
 gets up - 5:00
 puts on her clothes
 goes cycling (15 km every morning)
 has a shower
 has breakfast
 goes to university - 7:45

afternoon:
 has lunch in the university canteen
 finishes her lessons - 4:00
 meets her friends
 arrives home - 6:00
 makes dinner

evening:
 studies
 meets her boyfriend
 has a shower
 goes to sleep - 10:15



Jessica

job: programmer
morning:
 gets up - 9:30
 has breakfast
 naps a little
 starts working at home - 11:00

afternoon:
 has lunch - 3:15
 gets dressed
 works on his computer
 has some snacks
evening:
 calls his mother
 orders a pizza
 has dinner
 chats with his friends
 has a shower
 goes to sleep - 2:30



Paul

job:
morning:
 getting up?
 having a wash?
 breakfast?
 going to school/work?
afternoon:
 lunch?
 going home?
 doing your homework?
 sports?
 meetings?
 housework?
evening:
 helping somebody?
 dinner?
 reading?
 watching TV?
 playing?
 going to bed?



You