

B1

What time do you usually wake up in the morning?

Answer: _____

Do you have breakfast before leaving the house?

Answer: _____

What time do you start work or school?

Answer: _____

What do you usually do during your lunch break?

Answer: _____

When do you finish work or school?

Answer: _____

What activities do you do in the evening?

Answer: _____

What time do you usually go to bed at night?

Answer: _____

Do you like to exercise regularly?

Answer: _____

Do you have any hobbies or activities that you do on a daily basis?

Answer: _____

Do you have any specific routines or rituals that you follow before going to bed?

Answer: _____

Answers

What time do you usually wake up in the morning?

Answer: I usually wake up at 7 am.

Do you have breakfast before leaving the house?

Answer: Yes, I always have breakfast before leaving the house.

What time do you start work or school?

Answer: I start work at 8:30 am.

What do you usually do during your lunch break?

Answer: During my lunch break, I usually have lunch with my colleagues.

When do you finish work or school?

Answer: I finish work at 5 pm.

What activities do you do in the evening?

Answer: In the evening, I usually relax and watch TV.

What time do you usually go to bed at night?

Answer: I usually go to bed around 11 pm.

Do you like to exercise regularly?

Answer: Yes, I like to exercise regularly. I go to the gym three times a week.

Do you have any hobbies or activities that you do on a daily basis?

Answer: Yes, I enjoy playing the guitar in my free time.

Do you have any specific routines or rituals that you follow before going to bed?

Answer: Before going to bed, I always brush my teeth and read a book for 10 minutes.