

# B1

What time do you usually wake up at 15?

Answer: \_\_\_\_\_

What time do you usually go to bed at 15?

Answer: \_\_\_\_\_

How many hours of sleep do you get at 15?

Answer: \_\_\_\_\_

Do you have any morning routine at 15?

Answer: \_\_\_\_\_

What do you usually have for breakfast at 15?

Answer: \_\_\_\_\_

Do you have any afternoon activities at 15?

Answer: \_\_\_\_\_

What do you usually do in the evenings at 15?

Answer: \_\_\_\_\_

Do you have any hobbies or interests at 15?

Answer: \_\_\_\_\_

Do you have any responsibilities or chores at 15?

Answer: \_\_\_\_\_

How would you compare your daily routine now to when you were 10 years old?

Answer: \_\_\_\_\_

# Answers

What time do you usually wake up at 15?

Answer: I usually wake up at 15 around 7:30 AM.

What time do you usually go to bed at 15?

Answer: I usually go to bed at 15 around 10:00 PM.

How many hours of sleep do you get at 15?

Answer: I get around 8 hours of sleep at 15.

Do you have any morning routine at 15?

Answer: Yes, I have a morning routine at 15. I brush my teeth, have a shower, and eat breakfast.

What do you usually have for breakfast at 15?

Answer: For breakfast at 15, I usually have cereal or toast with juice or milk.

Do you have any afternoon activities at 15?

Answer: Yes, I have some afternoon activities at 15. I play sports or hang out with friends.

What do you usually do in the evenings at 15?

Answer: In the evenings at 15, I usually watch TV, do homework, or relax with my family.

Do you have any hobbies or interests at 15?

Answer: At 15, I have hobbies like playing an instrument, painting, or reading.

Do you have any responsibilities or chores at 15?

Answer: Yes, I have some responsibilities or chores at 15. I help with household chores or take care of my pets.

How would you compare your daily routine now to when you were 10 years old?

Answer: When I compare my daily routine now to when I was 10 years old, I have more responsibilities and a more structured routine.