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What time do you usually wake up in the morning?

Answer: _____

Do you have breakfast every day?

Answer: _____

What time do you leave for work/school?

Answer: _____

What do you usually do during your lunch break?

Answer: _____

What time do you finish work/school?

Answer: _____

What activities do you enjoy in the evening?

Answer: _____

How often do you exercise?

Answer: _____

Do you have any hobbies or interests that you do regularly?

Answer: _____

What time do you usually go to bed?

Answer: _____

Do you follow a specific routine on weekends?

Answer: _____

Answers

What time do you usually wake up in the morning?

Answer: I usually wake up at 7 o'clock in the morning.

Do you have breakfast every day?

Answer: Yes, I have breakfast every day.

What time do you leave for work/school?

Answer: I leave for work/school at 8:30 AM.

What do you usually do during your lunch break?

Answer: During my lunch break, I usually go for a walk or read a book.

What time do you finish work/school?

Answer: I finish work/school at 5 PM.

What activities do you enjoy in the evening?

Answer: In the evening, I enjoy watching movies or spending time with friends.

How often do you exercise?

Answer: I exercise three times a week.

Do you have any hobbies or interests that you do regularly?

Answer: Yes, I have a regular hobby of playing the guitar.

What time do you usually go to bed?

Answer: I usually go to bed around 10:30 PM.

Do you follow a specific routine on weekends?

Answer: On weekends, I like to relax and do things at my own pace.