

SHAW ENGLISH. DAILY ROUTINE. TRANSCRIPT

Hello. I'm going to ask you about your daily routine. Please tell us about your daily routine.

I usually wake up around 7 A.M and I have some green tea to get some energy around 10 a.m. I start work, but I'm working from home so I just set up my desk and then around 1pm I have lunch. I make lunch at home and eat it in my kitchen. At 1 30 PM I go back to work until 6 pm and then at 6 pm I finish work and I try to do an outside activity like maybe go to the gym or go for a walk or get groceries. Then, after a few hours I usually relax by looking at my phone, maybe watch YouTube, Instagram, something fun like that. Then around 11 pm I go to bed for the night and then the next day I do it all again, so that's my schedule

Thank you very much for sharing.

Thanks. Bye-bye.