

DAILY SCHEDULE

6:40 am	Wake up and shower
7:00 am	Get dressed
7:30 am	Eat breakfast
8:00 am	Leave for work
8:30 am	Start work
10:30 am	Take morning break
10:45 am	Go back to work
12:00 pm	Take lunch break
12:30 pm	Go back to work

2:00 pm	Take afternoon break
2:15 pm	Go back to work
4:00 pm	Finish work for the day
4:30 pm	Read or watch tv
5:30 pm	Make supper
6:30 pm	Clean up from supper
7:00 pm	Read or watch tv
9:00 pm	Pack lunch for tomorrow
10:00 pm	Go to bed