

Listen to Dan, a professional swimmer, talk about his daily routine and do the exercises.

Circle True or False for these sentences.

1. Dan gets up early. True False
2. He has a small breakfast. True False
3. He's a student. True False
4. Dan has lunch at home. True False
5. He goes swimming after classes. True False
6. Dan watches TV and goes on the internet before bed. True False

Fill the gaps with an activity from the box to complete Dan's diary.

get up!	go to university	meet friends
have lunch	have breakfast	have dinner
	go swimming	

1. 5 a.m. \_\_\_\_\_
2. 6 a.m. \_\_\_\_\_
3. 8 a.m. \_\_\_\_\_
4. 11 a.m. \_\_\_\_\_
5. 2 p.m. \_\_\_\_\_
6. 5 p.m. \_\_\_\_\_
7. 7 p.m. \_\_\_\_\_

Discussion

What's your daily routine like?

What time do you get up?

What time do you start and finish school?

Do you do any activities after school?

What do you do?

What time do you go to bed?

Listen about Mike and answer the questions:

- 1) Mike gets up \_\_\_\_\_.  
 a) at 5:30  
 b) at 6:30  
 c) at 7:30
- 2) After he wakes up, Mike \_\_\_\_\_.  
 a) goes for a walk  
 b) makes breakfast  
 c) goes to the gym
- 3) Mike eats a \_\_\_\_\_ lunch.  
 a) big  
 b) average  
 c) small
- 4) Mike works \_\_\_\_\_.  
 a) at a school  
 b) at an office  
 c) at home
- 5) In the evening, Mike often \_\_\_\_\_.  
 a) goes to internet cafes  
 b) talks to friends  
 c) works overtime

**Now, fill in the gaps while listening again:**

Hi, I'm Mike and this is my daily routine. I get up \_\_\_\_\_ every day, around 6:30 and I go to the gym for a \_\_\_\_\_ before I go to work. I usually do aerobic exercise for a while and then do some weight lifting for maybe half an hour at the gym. Then I'll return home, and as I work from my home, I turn on my computer and start working on what needs to be done.

I usually \_\_\_\_\_ breakfast and I'll work until about 12:00. Then I prepare lunch and have a fairly big lunch because I don't eat breakfast. Then, after lunch, I'll go back, continue working on Internet or whatever I have to do for work until about 6:00, when I usually start getting phone calls from friends of mine who live abroad and then, in the evenings, if I'm not using my time doing things with the Internet or \_\_\_\_\_ the web, then I'm speaking to people on the Internet or on my phone and that pretty much sums up my usual daily routine.

Adapted from:

<http://www.ello.org/english/0351/388-Mike-Routine.htm>

Listen and choose the best option for each question:

1) He mentions what they \_\_\_\_\_.

- a) eat
- b) watch
- c) talk about

2) What does he say about his routine?

- a) He takes public transport.
- b) He works nine hours.
- c) He gets home late.

3) He says he prefers \_\_\_\_\_ ..

- a) evenings
- b) mornings

4) He says he usually takes \_\_\_\_\_

- a) a bath
- b) a shower

5) How does he feel about the books?

- a) Childish
- b) Reattached
- c) Nostalgic

**Now, answer these questions about Gareth:**

1. What does Gareth do after his son wakes him up?
2. How does he go to work and how long does it take?
3. What time does he get home after work?
4. Does he consider himself an *early bird* or a *night owl*?
5. How does he relax?