

Daily Routine

1. What time do you get up in the morning?
2. What is the first thing you do after you get up in the morning?
3. What is your morning routine?
4. What tasks do you do at school/university/work?
5. Do you normally have breakfast? What time?
6. What time do you eat lunch?
7. Do you usually watch TV during the day? When?
8. What is the last thing you do before you go to bed?
9. What time do you go to bed?
10. Do you do exercise during the week? When?
11. How long have you had this daily routine?
12. Is your daily routine the same at the weekend? Explain.
13. Do you have a healthy daily routine?
14. Do you have any bad habits in your daily routine?
15. Do you think you need to change your daily routine?
16. Is your daily routine “normal” for your culture? Explain.
17. If you have the opportunity to change one thing in your daily routine, what would you change? Why?
18. Do you prefer the mornings or the afternoons/evenings?
19. Do you find it easy to wake up really early in the morning?
20. Do you find it easy to stay up very late at night?