

TOPIC: MY DAILY ROUTINE

No.	Words	Part of Speech	Phonetics	Meaning in English	Example
1	wake up	verb	/weɪk ʌp/	to stop sleeping	I wake up at 6 a.m.
2	get up	verb	/get ʌp/	to leave the bed	She gets up early every day.
3	brush teeth	verb	/brʌʃ ti:θ/	to clean your teeth	I brush my teeth twice a day.
4	wash face	verb	/wɒʃ feɪs/	to clean your face	He washes his face in the morning.
5	take a shower	verb	/teɪk ə 'ʃaʊər/	to clean your body with water	I take a shower after waking up.
6	get dressed	verb	/get drest/	to put on clothes	She gets dressed quickly.
7	have breakfast	verb	/hæv 'brekfəst/	to eat morning meal	I have breakfast at 7 a.m.
8	go to work	verb	/gəʊ tu: wɜ:rk/	to travel to your job	He goes to work by bus.
9	start work	verb	/stɑ:rt wɜ:rk/	to begin working	I start work at 9 a.m.
10	have lunch	verb	/hæv lʌntʃ/	to eat midday meal	We have lunch at noon.
11	take a break	verb	/teɪk ə breɪk/	to rest for a short time	She takes a break at 3 p.m.
12	finish work	verb	/'fɪnɪʃ wɜ:rk/	to stop working	I finish work at 5 p.m.

13	go home	verb	/gou hoʊm/	to return home	He goes home after work.
14	cook dinner	verb	/kʊk 'dɪnər/	to prepare evening meal	I cook dinner for my family.
15	have dinner	verb	/hæv 'dɪnər/	to eat evening meal	We have dinner together.
16	watch TV	verb	/wɒtʃ ,ti:'vi:/	to watch television	I watch TV in the evening.
17	use phone	verb	/ju:z foʊn/	to use a mobile device	She uses her phone a lot.
18	read a book	verb	/ri:d ə bʊk/	to read something	I read a book before bed.
19	relax	verb	/rɪ'læks/	to rest and feel calm	I relax after work.
20	go to bed	verb	/gou tu: bed/	to go to sleep	I go to bed at 10 p.m.
21	fall asleep	verb	/fɔ:l ə'sli:p/	to start sleeping	He falls asleep quickly.
22	check email	verb	/tʃek 'i:meɪl/	to read emails	I check my email every morning.
23	drink coffee	verb	/drɪŋk 'kɔ:fi/	to consume coffee	She drinks coffee daily.
24	exercise	verb	/'eksəsaɪz/	to do physical activity	I exercise in the morning.
25	commute	verb	/kə'mju:t/	to travel to work regularly	He commutes by train.

My Daily Routine

Every day, I wake up at 6 a.m. and get up right away. I brush my teeth and wash my face, then I take a shower. After that, I get dressed and have breakfast. I usually drink coffee and sometimes I check my email before leaving home.

At 8 a.m., I go to work and start work at 9 a.m. During the day, I work hard and sometimes take a break to relax. At noon, I have lunch with my coworkers.

In the afternoon, I continue working until I finish work at 5 p.m. Then I go home. In the evening, I usually cook dinner and have dinner with my family. After that, I watch TV, use my phone, or read a book to relax.

Sometimes, I also exercise in the evening to stay healthy. At night, I go to bed at around 10 p.m. and quickly fall asleep.