

Mark

Mark got up at 6 o'clock. He brushed his teeth, washed his face and put on his running clothes. Then, he went for an early morning run in the park.

What time did Mark get up?

What did he do next?

After that, where did he go?

Once he got home, Mark had a big breakfast. He had eggs, toast, cereal, yoghurt, juice and fruit. He had a shower, put on his work clothes, left the house and rode his bicycle to work. It took him about half an hour to get to work.

What did Mark do when he got home?

What did he have for breakfast?

How did he get to work?

How long did it take him?

He started work at 8.30. He had a chicken sandwich with his friend Bill then he worked all afternoon. He finished work at 5 o'clock and rode his bicycle home again.

What time did he start work?

What did he have for lunch?

Who did he have lunch with?

What time did he leave work?

Mark was tired when he got home. He cooked a meal in the evening and then watched TV. He watched a programme about sport and eating healthily. He chatted with his brother on the phone and went to bed at about 10:30. He read his book for about half an hour then he went to sleep.

Was he energetic or tired when he got home?

What did he watch on TV?

Who did he call?

What time did he go to bed?

What did he do before he fell asleep?