

My Daily Routine

COMPREHENSION • VOCABULARY • DISCUSSION

INTERACTIVE ONLINE TEST

Take the full interactive test with instant feedback →

<https://www.esl-tests.com/reading/a1/daily-routine>



Reading Passage

Read the passage carefully. Each paragraph is labelled with a letter for easy reference.

A Every day, I wake up at 7:00 AM. I get out of bed and wash my face. After that, I brush my teeth and take a shower. At 7:30 AM, I eat breakfast. I usually have toast and a glass of orange juice. After breakfast, I get dressed for work. I leave my house at 8:00 AM. I take the bus to my office. I start work at 9:00 AM. I work until 5:00 PM. After work, I go to the gym. I exercise for one hour. Then, I go home and cook dinner. I eat dinner at 7:00 PM. Finally, I watch TV or read a book before going to bed at 10:00 PM.

Vocabulary Glossary

Key words and phrases from the passage. Study them before attempting the exercise below.

WORD / PHRASE	DEFINITION	EXAMPLE SENTENCE
routine	things you do in the same way every day	<i>I follow a morning routine before school.</i>
breakfast	meal you eat in the morning	<i>I had eggs and toast for breakfast.</i>
dressed	wearing clothes	<i>She got dressed quickly after her shower.</i>
office	place where you work	<i>My dad works in an office downtown.</i>
exercise	move your body to stay fit and healthy	<i>I like to exercise at the gym after work.</i>
dinner	meal you eat in the evening	<i>We had pasta for dinner last night.</i>
finally	at the end; after everything else	<i>Finally, we went home after a long day.</i>
shower	wash your body under running water	<i>I take a shower every morning.</i>

Vocabulary Exercise — Fill in the Blank

Use one word or phrase from the glossary above to complete each sentence. Each item is used only once. Answers are on the final page.

1. I eat _____ every morning before school.
2. She works in an _____ building in the city.
3. He likes to _____ at the gym to stay healthy.
4. I take a _____ to feel clean and fresh.
5. After work, he goes home to cook _____ for his family.
6. She got _____ in her favorite dress for the party.

Comprehension Questions

These questions are different from the online practice test. Choose the best answer (A, B, C, or D). Answers and explanations are on the final page.

Question 1

What does the person do first after waking up?

- A. Eat breakfast
- B. Wash face
- C. Brush teeth
- D. Take a shower

Question 2

How does the person get to work?

- A. By car
- B. By bicycle
- C. By bus
- D. On foot

Question 3

What does the person do at 7:30 AM?

- A. Leave for work
- B. Eat breakfast
- C. Take a shower
- D. Go to the gym

Question 4

What is the last thing the person does before sleeping?

- A. Cook dinner
- B. Read a book
- C. Watch TV
- D. Go to the gym

Question 5

Why does the person exercise?

- A. To meet friends
- B. To stay fit
- C. To relax
- D. To learn new skills

Discussion & Writing Prompts

Each prompt references a specific detail from the passage above. Use for classroom discussion or a short written response (150–200 words).

1. The passage mentions that the person takes the bus to work. How important is public transport in your daily routine, and why?

2. According to the passage, the person exercises for one hour after work. Do you think people should have a fixed time for exercise every day, and why?

3. In the passage, the person eats dinner at 7:00 PM. How does the timing of your meals compare to this, and what do you think is an ideal time for dinner?

Answer Key

COMPREHENSION QUESTIONS

Q1 B

Q2 C

Q3 B

Q4 B

Q5 B

VOCABULARY EXERCISE

FIB1 breakfast

FIB2 office

FIB3 exercise

FIB4 shower

FIB5 dinner

FIB6 dressed

Comprehension Question Explanations

Why the correct answer is right — and why each wrong option is incorrect.

1. What does the person do first after waking up?

✓ B — Wash face The passage states that the person washes their face first after waking up.

✗ A — Eat breakfast Eating breakfast happens after washing face and brushing teeth.

✗ C — Brush teeth Brushing teeth happens after washing face.

✗ D — Take a shower Taking a shower happens after brushing teeth.

2. How does the person get to work?

✓ C — By bus The passage states that the person takes the bus to work.

✗ A — By car There is no mention of driving a car.

✗ B — By bicycle There is no mention of riding a bicycle.

✗ D — On foot Walking is not mentioned as a way to get to work.

3. What does the person do at 7:30 AM?

✓ B — Eat breakfast The passage mentions that breakfast is eaten at 7:30 AM.

✗ A — Leave for work Leaving for work happens at 8:00 AM.

✗ C — Take a shower Taking a shower happens before breakfast.

✗ D — Go to the gym Going to the gym happens after work.

4. What is the last thing the person does before sleeping?

✓ B — Read a book The passage states that the person reads a book or watches TV before bed.

✗ A — Cook dinner Cooking dinner happens before watching TV or reading.

✗ C — Watch TV Watching TV is an option alongside reading a book, not the last activity.

✗ D — Go to the gym Going to the gym happens after work, not before bed.

5. Why does the person exercise?

✓ **B — To stay fit** Exercise is commonly done to stay fit and healthy, which aligns with the passage context.

✗ **A — To meet friends** *There is no mention of meeting friends while exercising.*

✗ **C — To relax** *Relaxation is not the main reason stated for exercising.*

✗ **D — To learn new skills** *Learning new skills is not mentioned in the context of exercising.*

MORE A1 LEVEL READING PRACTICE

Pet Dog — <https://www.esl-tests.com/reading/a1/pet-dog>

Shopping Fruits — <https://www.esl-tests.com/reading/a1/shopping-fruits>

Day at Zoo — <https://www.esl-tests.com/reading/a1/day-at-zoo>