

### Daily routines

#### Daily Routines: Classifying Exercise

**Instructions:** Classify the activities listed in the word bank into the correct category below.

#### Word Bank

attend lectures - study at the library - watch educational videos - participate in group projects - scroll through social media - eat breakfast - go for a morning run - have lunch with friends - do laundry - play online games - work out at the gym - volunteer in community service - have a video call with family - cook dinner - go to bed early - stay up late studying - listen to a podcast

Academic Routines	Free Time Routines	Exercise Routines	Household Routines

#### Daily Routines: Ranking Exercise

**Instructions:** Rank the following statements based on their importance in your daily life, with 1 being the most important and 4 being the least important. Write the ranking in the space provided.

Rank	Statement
	Academic success through consistent studying
	Maintaining a healthy social life
	Regular physical activity for health and fitness
	Keeping a clean and organized living space

**Explanation for the first ranked item:** \_\_\_\_\_  
 \_\_\_\_\_