

DAILY ROUTINE IN RUSSIAN.

CLASS OBJECTIVE: To learn how to describe your daily routine in Russian.

CONCEPT A: Get familiar with the phrases associated with the description of morning routine activities.

- Usually, I wake up at 6 am in morning.
- Обычно, я просыпаюсь в пять часов утром.
- Today, I woke up at 5 am.
- Сегодня, я проснулся/проснулась в 5 часов утром.
- Yesterday, I woke up very late.
- Вчера, я проснулся/ проснулась очень поздно.

Important vocabs:

- *Просыпаться/проснуться (wake up imperfective and perfective)*
- *Утром (In morning)*
- *Вечером (In evening)*
- *Ночью (In night)*
- *Рано (early)*
- *Поздно (late)*
- *Обычно (usually)*
- После этого, я чищу зубы
- Then, I brush my teeth.
- Каждый день, я принимаю ванну в семь часов.
- Everyday, I take bath at 7 am
- But, today I took bath too late.
- Но , сегодня я принял ванну слишком поздно.
- At 8 am, I usually prepare breakfast.
- В восемь часов, я обычно готовлю завтрак.
- В 9 часов, я обычно завтракаю.

1. **Introduction**

2. **Background**

3. **Method**

- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

6. **Discussion**

7. **Conclusion**

8. **References**

9. **Appendix**

- 1. **Table 1**
- 2. **Table 2**
- 3. **Table 3**

10. **References**

1. **Introduction**

This document describes the system architecture and components.

2. **System Architecture**

- 1. **System Overview**
- 2. **System Components**
- 3. **System Flow**

3. **System Components**

- 1. **System Overview**
The system is designed to provide a comprehensive solution for managing data and resources. It consists of several key components that work together to ensure efficient operation.
- 2. **System Components**
The system is composed of the following main components:
 - 1. **System Overview**
 - 2. **System Components**
 - 3. **System Flow**
- 3. **System Flow**
The system flow is designed to be intuitive and easy to use, allowing users to navigate through the system with minimal effort.

4. **System Flow**

- 1. **System Overview**
The system is designed to provide a comprehensive solution for managing data and resources. It consists of several key components that work together to ensure efficient operation.

5. **System Flow**

6. **System Components**

This document describes the system architecture and components.

7. **System Flow**

- 1. **System Overview**
- 2. **System Components**
- 3. **System Flow**

8. **System Components**

1. **Introduction**

This document describes the system architecture and components.

2. **System Architecture**

- 1. **System Overview**
- 2. **System Components**
- 3. **System Flow**

3. **System Components**

- 1. **System Overview**
The system is designed to provide a comprehensive solution for managing data and resources. It consists of several key components that work together to ensure efficient operation.
- 2. **System Components**
The system is composed of the following main components:
 - 1. **System Overview**
 - 2. **System Components**
 - 3. **System Flow**
- 3. **System Flow**
The system flow is designed to be intuitive and easy to use, allowing users to navigate through the system with minimal effort.

4. **System Flow**

- 1. **System Overview**
The system is designed to provide a comprehensive solution for managing data and resources. It consists of several key components that work together to ensure efficient operation.

5. **System Flow**

6. **System Components**

This document describes the system architecture and components.

7. **System Flow**

- 1. **System Overview**
- 2. **System Components**
- 3. **System Flow**

8. **System Components**

1. **Introduction**

2. **Background**

3. **Method**

- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

6. **References**

7. **Appendix**

8. **Supplementary Materials**

9. **Notes**

- 1. **Notes**
- 2. **Notes**
- 3. **Notes**

10. **References**

1. **Introduction**

2. **Background**

3. **Method**

- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

6. **Discussion**

7. **Conclusion**

8. **References**

9. **Appendix**

- 1. **Table 1**
- 2. **Table 2**
- 3. **Table 3**

10. **References**