

Lisa - daily routine

*in the morning



*in the afternoon



*in the evening



*at the weekend

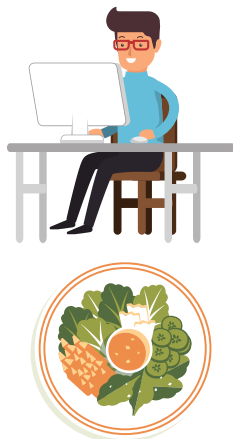


Adam - daily routine

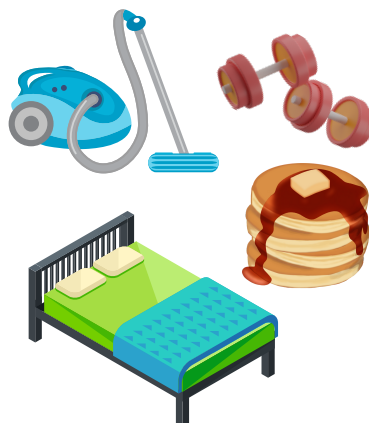
*in the morning



*in the afternoon



*in the evening



*at the weekend



Kate - daily routine

*in the morning



*in the afternoon



*in the evening



*at the weekend

