**List of daily routine questions**

1. What is your typical daily routine?
2. What time do you usually wake up?
3. What does your morning routine look like?
4. Is your morning routine different on weekends? If so, how?
5. What is your post-work routine?
6. What is the hardest part of your daily routine?
7. What is the most fun part of your daily routine?
8. What is the most relaxing part of your daily routine?
9. What is your daily routine for dinner?
10. What do you think everyone should add to their daily routines?
11. What is one thing that you wish you could add to your daily routine?
12. What time do you usually start work?
13. What time do you get home from work?
14. Do you eat dinner alone or with your family?
15. How do you spend your evenings during the week?
16. How do you spend your evenings on weekends?
17. What time do you typically go to bed?
18. Do you brush your teeth twice a day?
19. Does your daily routine include any time for exercise?
20. How has your daily routine changed over time?
21. Do you allocate time for self-care or wellbeing in your daily routines?
22. Have you incorporated any hobbies or pastimes into your weekly routine?

https://www.learnenglisheveryday.com/daily-routine-questions/