Daily routine in Chinese

1. Say when you get up and what you have for breakfast

你早上一般几点起床?
Nǐ zǎoshang yìbān jǐ diǎn qǐchuáng?
What time do you usually get up?

我一般七点起床。
Wǒ yìbān qī diǎn qǐchuáng.
I usually get up at seven.

你早饭吃什么?
Nǐ zǎofàn chī shénme?
What do you have for breakfast?

我吃两个鸡蛋，喝一杯牛奶。
Wǒ chī liǎng ge jīdàn, hē yì bēi niúnǎi.
I have two eggs and a glass of milk.

你每天都吃早饭吗?
Nǐ měitiān dōu chī zǎofàn ma?
Do you have breakfast every day?

不，我常常不吃早饭，只喝咖啡。
Bù, wǒ chángcháng bù chī zǎofàn, zhǐ hē kāfēi.
No, I often skip breakfast and just have coffee.

早上、上午、中午、下午、晚上
zǎoshang, shàngwǔ, zhōngwǔ, xiàwǔ, wǎnshang
early morning, morning, noon, afternoon, evening

七点、七点一刻、七点半
qī diǎn, qī diǎn yí kè, qī diǎn bàn
seven o'clock, a quarter past seven, seven thirty

我六点就起床了。
Wǒ liù diǎn jiù qǐchuáng le.
I'm up as early as six.

我起床以后先洗澡。
Wǒ qǐchuáng yǐhòu xiān xǐzǎo.
After I get up, I shower first.

我早饭吃得很简单。
Wǒ zǎofàn chī de hěn jiǎndān.
I keep breakfast simple.

2. Say how you get to work or class

你是上班还是上学?
Nǐ shì shàngbān háishi shàngxué?
Do you work or go to school?

我在一家公司上班。
Wǒ zài yì jiā gōngsī shàngbān.
I work for a company.

你怎么去公司?
Nǐ zěnme qù gōngsī?
How do you get to work?

我开车去，路上要半个小时。
Wǒ kāichē qù, lùshang yào bàn ge xiǎoshí.
I drive; it takes half an hour.

你几点到学校?
Nǐ jǐ diǎn dào xuéxiào?
What time do you get to school?

八点四十，九点上课。
Bā diǎn sìshí, jiǔ diǎn shàngkè.
At eight forty. Class starts at nine.

我坐公共汽车去上班。
Wǒ zuò gōnggòng qìchē qù shàngbān.
I take the bus to work.

我走路去学校，十分钟就到。
Wǒ zǒulù qù xuéxiào, shí fēnzhōng jiù dào.
I walk to school; it's only ten minutes.

我在家工作。
Wǒ zài jiā gōngzuò.
I work from home.

我现在没有工作。
Wǒ xiànzài méiyǒu gōngzuò.
I don't have a job right now.

3. Say what you do there and where you have lunch

你上班的时候做什么?
Nǐ shàngbān de shíhou zuò shénme?
What do you do at work?

我回很多邮件，还要开会。
Wǒ huí hěn duō yóujiàn, hái yào kāihuì.
I answer a lot of emails, and I have meetings.

你中午在哪里吃饭?
Nǐ zhōngwǔ zài nǎlǐ chīfàn?
Where do you have lunch?

我自己带饭，在办公室吃。
Wǒ zìjǐ dài fàn, zài bàngōngshì chī.
I bring my own lunch and eat it in the office.

你几点下班?
Nǐ jǐ diǎn xiàbān?
What time do you finish work?

我六点下班，有时候七点。
Wǒ liù diǎn xiàbān, yǒu shíhou qī diǎn.
I finish at six, sometimes at seven.

我九点开始工作。
Wǒ jiǔ diǎn kāishǐ gōngzuò.
I start work at nine.

我下午有一个会。
Wǒ xiàwǔ yǒu yí ge huì.
I have a meeting in the afternoon.

我中午休息一个小时。
Wǒ zhōngwǔ xiūxi yí ge xiǎoshí.
I take an hour's break at noon.

下课以后，我去图书馆。
Xiàkè yǐhòu, wǒ qù túshūguǎn.
After class, I go to the library.

4. Say what you do in the evening and when you go to bed

你晚上一般做什么?
Nǐ wǎnshang yìbān zuò shénme?
What do you usually do in the evening?

我做饭，吃完饭以后看书或者看电影。
Wǒ zuòfàn, chīwán fàn yǐhòu kàn shū huòzhě kàn diànyǐng.
I cook, and after dinner I read or watch a movie.

你几点睡觉?
Nǐ jǐ diǎn shuìjiào?
What time do you go to bed?

我十一点左右睡觉。
Wǒ shíyī diǎn zuǒyòu shuìjiào.
I go to bed around eleven.

你晚上学中文吗?
Nǐ wǎnshang xué Zhōngwén ma?
Do you study Chinese in the evening?

学，我每天晚上学二十分钟。
Xué, wǒ měitiān wǎnshang xué èrshí fēnzhōng.
Yes, for twenty minutes every evening.

我回家以后做饭。
Wǒ huíjiā yǐhòu zuòfàn.
I cook when I get home.

我们七点吃晚饭。
Wǒmen qī diǎn chī wǎnfàn.
We have dinner at seven.

睡觉以前，我看看手机。
Shuìjiào yǐqián, wǒ kànkan shǒujī.
Before bed, I look at my phone.

我太累了，十点就睡了。
Wǒ tài lèi le, shí diǎn jiù shuì le.
I'm so tired I'm asleep by ten.

5. Say how often you do something

你经常运动吗?
Nǐ jīngcháng yùndòng ma?
Do you exercise often?

我每天早上跑步。
Wǒ měitiān zǎoshang pǎobù.
I go running every morning.

你经常自己做饭吗?
Nǐ jīngcháng zìjǐ zuòfàn ma?
Do you often cook for yourself?

很少，一个星期做两三次。
Hěn shǎo, yí ge xīngqī zuò liǎng sān cì.
Not much: two or three times a week.

你周末也这么早起床吗?
Nǐ zhōumò yě zhème zǎo qǐchuáng ma?
Do you get up this early on weekends too?

不，周末我从来不早起。
Bù, zhōumò wǒ cónglái bù zǎo qǐ.
No, I never get up early on weekends.

每天、经常、有时候、很少、从来不
měitiān, jīngcháng, yǒu shíhou, hěn shǎo, cónglái bù
every day, often, sometimes, rarely, never

我每天都喝咖啡。
Wǒ měitiān dōu hē kāfēi.
I drink coffee every day.

我有时候和朋友出去吃饭。
Wǒ yǒu shíhou hé péngyou chūqu chīfàn.
Sometimes I go out to eat with friends.

我一个星期去两次健身房。
Wǒ yí ge xīngqī qù liǎng cì jiànshēnfáng.
I go to the gym twice a week.

Talk about your own day with an AI chatbot: kotokin.com/learn/chinese/describe-your-day