

Read the article and answer the questions.

Naomi wakes up at 6:00 a.m. She yawns and rubs her eyes. Then she gets up quickly. She has a busy schedule today. Naomi heads to the kitchen to make herself a cup of coffee. She adds a splash of milk and a spoonful of sugar before taking a sip.



At 6:30 AM Naomi sits down at her dressing table and starts to do her makeup. She applies a base, some concealer, mascara and a touch of lipstick. She picks out an outfit for the day. She always has to look perfect. And she likes wearing the latest fashion trends. She opts for a pair of skinny jeans and a white blouse. Naomi grabs her handbag and keys and heads out the door at 7 AM.

Around 7:15 AM Naomi arrives at her personal trainer's studio. She doesn't like it but she always has to work out to stay in shape. So she spends the next hour working up a sweat. Then, Naomi takes a quick shower at the studio before heading to her next appointment. Naomi arrives at the salon for her weekly manicure and pedicure at 9AM. After the salon, she has a meeting with her agent. Just before noon, Naomi films an advertisement. During a break, she has lunch with her co-star on her latest movie.



Later, at 4 PM, they film a scene for her movie. It takes a while to get it right. It's tiring. Naomi needs to take a short break and has a snack. After several more scenes, she goes to her trailer and relaxes. Then she leaves the set and goes to have dinner with her family at 7 PM. After dinner she relaxes by talking to her fans on social media. She always has to be careful about what she posts on social media. At 10 PM Naomi reads a script for her next project. Finally, around 11 PM, Naomi climbs into bed and falls asleep.



1. How does Naomi's morning routine reflect her lifestyle? _____

2. How does Naomi's work day compare to a typical person's work day? _____

3. How does Naomi unwind before bed? _____
4. What is the importance of social media in Naomi's life? _____

5. What do you think is the most challenging part of Naomi's lifestyle? _____

1. Naomi's morning routine reflects her lifestyle in that it is very busy and she has to be up early to get everything done.
2. Naomi's work day is much busier than a typical person's work day. For example, she has to film scenes, meet with her agent, and do publicity work.
3. Social media is very important in Naomi's life because she uses it to connect with her fans and promote her work.
4. Naomi unwinds before bed by reading a script for her next project.
5. The most challenging part of Naomi's lifestyle is that she always has to be on and be perfect.