I'm a massive sleeper. When I'm not training for a boxing match, I wake up at 2pm. I don't even set my alarm, that's just when I open my eyes - unless it's a Sunday and I'm going to church. But if I've got a match coming up, I'll spend six weeks training, waking up at 4am to go running. When I get back, I might have a few more hours in bed.

I've been living in Manchester with Molly-Mae [Hague, 20] for seven months now. When we're getting ready in the morning, I'll put on old reggae tunes and we'll dance about being daft. For breakfast, I'll have a bowl of porridge with banana, honey and peanut butter, a glass of fresh juice and a protein shake. After breakfast, I'll go to the gym for two hours to do strength and conditioning training. It's hard to see my brother Tyson because he's based in America now, but when he's over here we meet up, normally in the gym.

My cooking has definitely not improved since Love Island. If I was in charge of cooking, my apartment building would burn down. So if I'm in training, I'll eat meals that have been prepped for me - they're delivered once a week and I heat them up. Otherwise, I can indulge, so I might have a McDonald's or I'll go round to my mum's. I'm always there looking in the fridge, saying: "Mum, make me this! Make me that!" At 4pm I'll train - either weights, swimming or rowing, then I'll get another meal straight down me, which will be fillet steak with new potatoes, or turkey and lots of rice.

I have a dog at my mum's called Kimberley. He's a big, long-haired German shepherd - the name was my mum's decision, not mine! After training, I might take him out and let him off the lead for a run around. He's very friendly, so he has a good time with the other dogs.

At 8pm I'll go to the gym for two hours of boxing. When I get back it's late, so I'll eat a yoghurt or a banana, then have a bath to relax. I add bath salts and play Whitney Houston, a bit of Jermaine Stewart and Abba. I wrap my hair in a towel and use a nice cocoa butter moisturiser on my face, then I just chill. The bath makes me sleepy, but I might watch Netflix or boxing on YouTube. Molly and I are massive horror fans, so we're always watching scary films. Even if we put a documentary on, it'll be about serial killers.

I love junk food. After a fight, I might have three weeks off - that's when I'll meet up with friends and go for a beer. If I'm at home with Molly, we'll tidy the flat. We've got so much stuff that companies have sent to us in boxes on the floor. We don't really go on nights out and drink, but we love going to the cinema or a nice restaurant in Manchester. I'll stay up until 2am - unless I'm in training, then I'll go to bed at 11.30pm.

• Tommy is managed by @off_limits_ent.

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ALICIA KEYS
The singer and her belter of a voice are back after four years away from the limelight. She’s releasing her brand-new self-titled album Alicia on Friday. We can’t wait to hear it!

CHARLOTTE RITCHIE
The Call The Midwife star’s next role is a London girl who falls in love with a woman for the first time in Netflix series Feel Good, available from Thursday, alongside Canadian star Mae Martin. She rocks.

SEXUAL HAPPINESS
A study by Boots has revealed that 60% of us believe sexual wellness improves our happiness. With that in mind, the store has increased its female sex range with all sorts of bullets, massagers and lubricants.

WILLIE JONES
This gorge singer blends country with hip-hop (and happens to be pals with Leon Bridges and Demi Lovato). He’s taking over the C2C festival at London’s O2 this weekend, playing his new single I Ain’t Gotta Grow Up.

NEVER FULLY DRESSED
We are super-impressed that the online shop has created a Pre-Loved section, which encourages people to send in their old NFD clothes to be sold on again. Thrifting is the new fast fashion!

EATING SAGE
It’s not just a kitchen staple, don’t cha know? Sage is S/S’s must-have shade of green for your wardrobe. See Uniqlo’s new range for inspo.

CORONAVIRUS
Has anyone else given themselves the driest skin from scrubbing and anti-baccing their hands every five minutes? Not fun.

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REALITY STAR AND BOXER TOMMY FURY, 20

The good and bad of what we’re talking about this week