

8 A.M. RUFF START

In his NYC apartment October 31, **Andy Cohen** wakes up to find beagle mix Wacha curled up beside him.

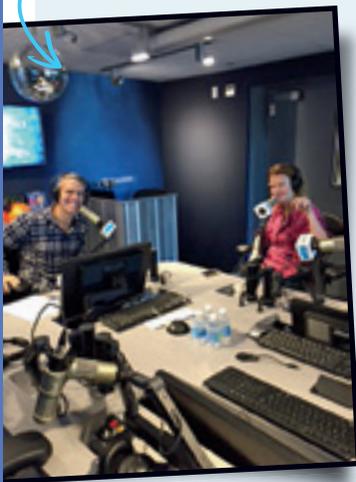


"He's cutest in the morning!"

gushes Cohen. He brews his favorite Yorkshire Gold tea, then takes a 25-minute stroll around his West Village neighborhood with the pup: "He sniffs around and pees on a garbage can."

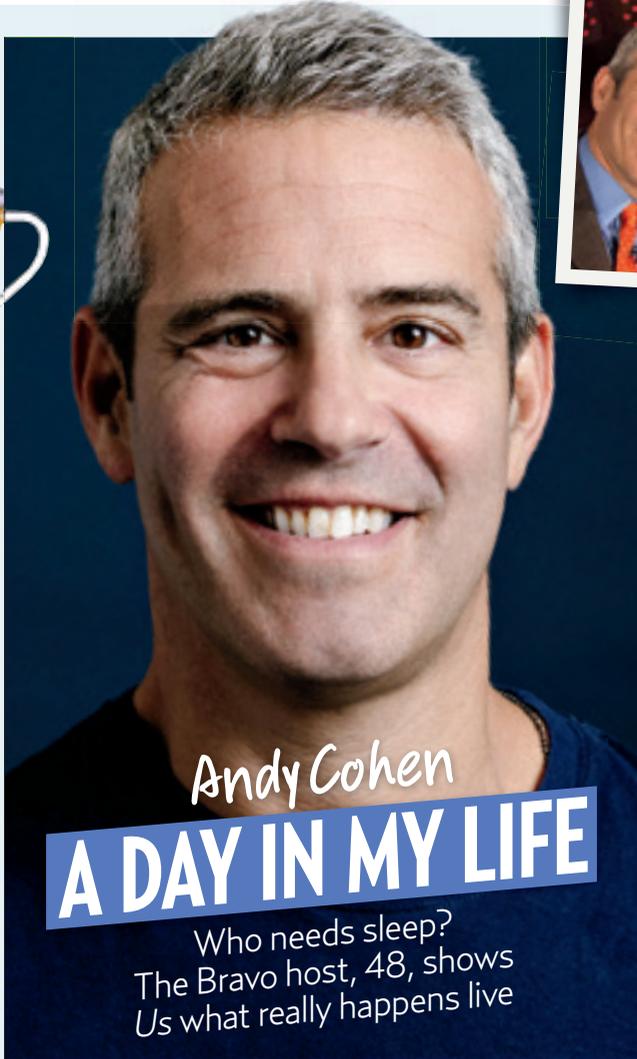
9:40 A.M. TALK SHOP

An uptown subway ride brings him to SiriusXM — just in time for his 10 A.M. *Radio Andy* show. Hot topics include **Lady Gaga** and **Donald Trump!**



12 P.M. REALITY CHECK

Hungry, he grabs a salad at Rockefeller Center before heading home. While watching an advance copy of the *Real Housewives of Orange County* reunion, he scribbles down notes for production. **Raves Cohen**, who hosted the special, "It's great!"



A DAY IN MY LIFE

Who needs sleep? The Bravo host, 48, shows *Us* what really happens live

3 P.M. WRITE ON

At his publisher's office, the Emmy winner signs, "like, 300" copies of his book *Superficial*. (Every *Housewife* scores one!) To pass time, "I talk to whoever is in the room," he says. It's his lucky day: His hand doesn't cramp!



6 P.M. SWEAT BREAK

During an hourlong workout at the gym with his trainer, he tones his chest and arms. "I never shy away from an abs exercise!" (He's down 11 pounds in six weeks.) Up next, a little relaxation. Over a chicken-breast dinner, he FaceTimes a pal in Boston and scrolls through social media.



9 P.M. SHOWTIME

To prep for *Watch What Happens Live*, Cohen and the crew rehearse for 25 minutes. "It's a lot of bulls--ting. I make fun of them and they make fun of me." Before go time, he hops in the makeup chair for a quick touch-up and chats with guests **Rachel Dratch** and **Kelly Dodd** (right). Naturally, "I take a selfie of the three of us."



MIDNIGHT WRAP UP

Postshow, he has "a good snuggle with Wacha" in his office. "He's really, really warm." Back home, he turns on the *Grateful Dead* and winds down with a steam shower. Finally, at 1:30 A.M., "I call it a night!" **JAMIE BLYNN**

Cohen's second book, *Superficial: More Adventures From the Andy Cohen Diaries*, is out now.

