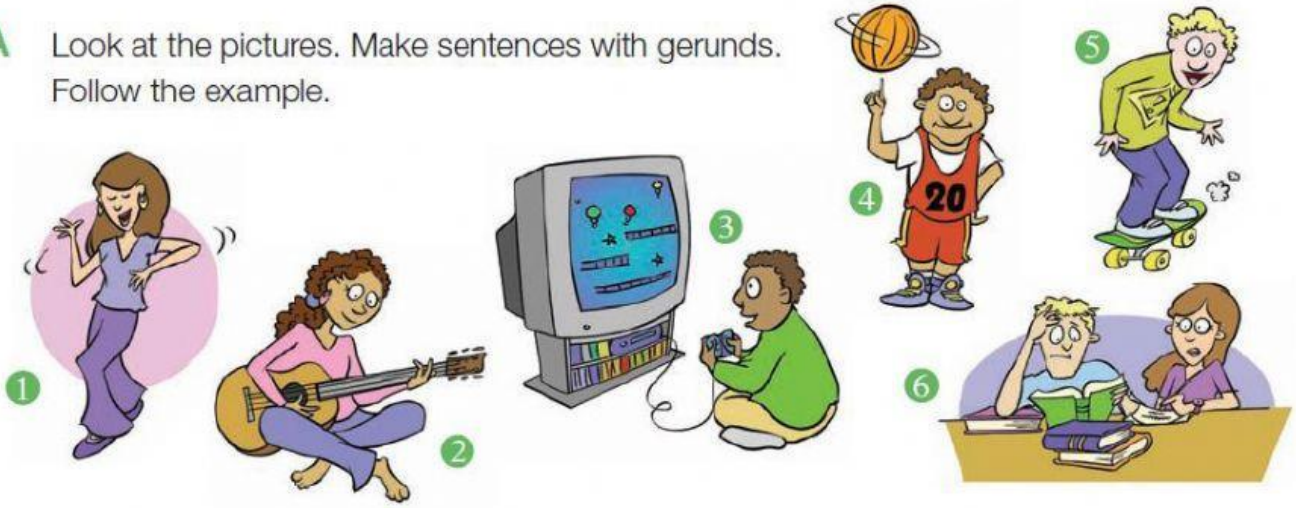
Exercise 1

Unit 1: How Often Do You Work Out?

Name:..... **Class:**...../..... **Number:**.....

A Look at the pictures. Make sentences with gerunds. Follow the example.



1. Kaitlin (enjoy) *Kaitlin enjoys dancing.*
2. Yasmin (love) _____
3. Michael (like) _____
4. Sam (love) _____
5. Rick (enjoy) _____
6. They (hate) _____

B Make sentences about yourself. Use frequency adverbs and expressions.

1. sleep / a day *I usually sleep eight hours a day.*
2. do homework / right after school _____
3. talk on the phone _____
4. watch television / after dinner _____
5. exercise / in the afternoon _____
6. hang out with friends / on the weekend _____

C Which of these are true for you? Mark them. Compare your answers with a partner.

1. _____ I often go to the movies.
2. _____ I sometimes go out at night.
3. _____ I never go to clubs.
4. _____ I always do my homework.
5. _____ I usually keep my room in order.
6. _____ I eat out two or three times a week.
7. _____ Sometimes I do the laundry.
8. _____ I seldom work out at the gym.
9. _____ I study more than ten hours a week.
10. _____ I get up early every day.

LIVEWORKSHEETS