

Daily Routine Worksheet

Part 1: Multiple Choice

Choose the correct option to complete the sentence.

1. Sarah _____ early every day to go for a run.
 - a) used to wake
 - b) wakes up
 - c) has woken
 - d) waking
2. Which of the following describes a productive morning routine?
 - a) Watching TV all morning.
 - b) Checking emails while having breakfast.
 - c) Staying in bed until noon.
 - d) Skipping breakfast to save time.
3. "John has been consistent with his daily workout routine." This means:
 - a) John avoids working out.
 - b) John regularly exercises.
 - c) John occasionally exercises.
 - d) John finds it hard to exercise.



Part 2: Matching Words and Definitions

Match the word on the left to its correct definition on the right.

1. Routine
 2. Habit
 3. Productivity
 4. Ritual
 5. Efficiency
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- a) A specific series of actions regularly followed.
 - b) The ability to accomplish a task with minimal waste of time and resources.
 - c) A repeated practice or custom, often symbolic.
 - d) A regular tendency or practice, especially one that's hard to give up.
 - e) The effectiveness of effort in achieving a goal.



Part 3: Fill in the Blanks

Complete the sentences using the words provided: *organized, consistent, prioritize, adjust, schedule*.

1. To maintain a healthy routine, it's important to _____ your tasks for the day.
2. Being _____ helps in sticking to a daily routine without much effort.
3. Sarah's routine includes a _____ plan for her workouts and study time.
4. If your routine isn't working, it's wise to _____ it to suit your needs.
5. Having an _____ morning can set the tone for the rest of the day.