

## Unit 1

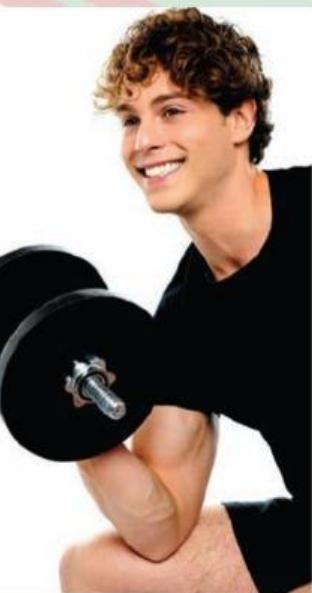
# How Often Do You Work Out?



I enjoy working out.  
I go to the gym  
**three times a week.**  
Ben



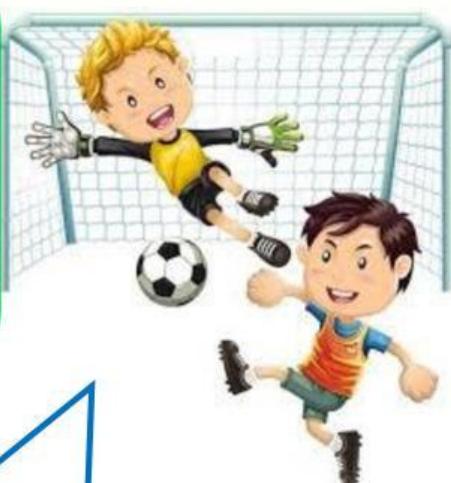
I like jogging . I **often**  
jog in the morning.  
Hannah



I hate exercising. I love  
using social media. I spend  
**hours** surfing the Internet.  
Emma



I seldom play  
sports. **Sometimes**  
I play a game of tennis.  
My favorite hobby is  
cooking and baking.  
Claudia



I'm on the soccer team.  
We **usually** practice after  
school **twice** a week.  
Zachary

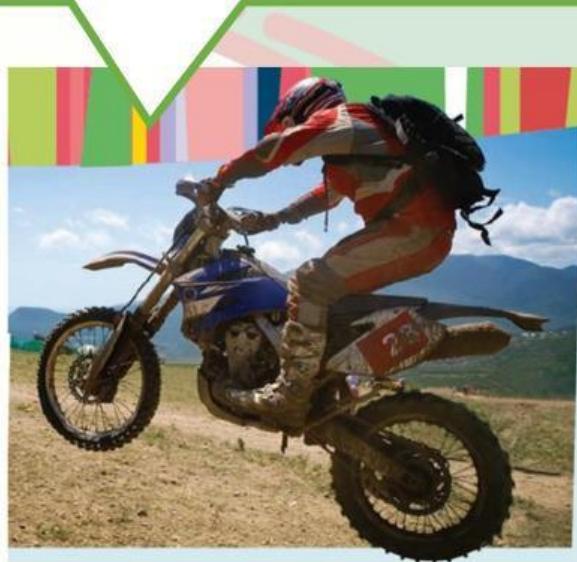


I enjoy watching movies.  
I **sometimes** see five or six movies a week.

Noah

I love extreme sports. I **often** go motorcycle riding on the weekend.

Josh



I play classical guitar. I **usually** practice one or two hours a day.

Becky

## Language Check

**Answer true or false**

1. \_\_\_\_\_ Hannah **never** runs in the morning.
2. \_\_\_\_\_ Ben **often** goes to the gym.
3. \_\_\_\_\_ Emma **enjoys** exercising.
4. \_\_\_\_\_ Claudia's favorite hobby is tennis.
5. \_\_\_\_\_ Noah is crazy about movies.
6. \_\_\_\_\_ Becky **seldom** practices the guitar.