Questions with HOW

HOW is used to ask about frequency, time, and ability.

1. How often...? We use it to ask **how many times** something happens.
Structure: How often + do/does + subject + verb?
Examples
• How often do you work out?
 – Every day.
 – Twice a week.
 – Not very often.

2. How long...? We use it to ask about **time or duration**.
Structure: How long + do/does + subject + verb?
Examples
• How long do you spend at the gym?
 – Thirty minutes a day.
 – Two hours a week.
 – About an hour on weekends.

3. How well vs. How good (IMPORTANT!)

How well → VERB (action): We use HOW WELL to talk about **how you do an action.**
Pattern: How well + do/does + subject + verb?
Examples
• How well do you play tennis?
 – Pretty well.
 – Not very well.

How good → NOUN / SKILL: We use HOW GOOD to talk about **ability or level.**
Pattern: **How good + be + subject + at + noun?**
Examples:
• How good are you at sports?
 – Pretty good.
 – OK.
 – Not so good.

COMPARE:
✓ How **well do you play** soccer?
✓ How **good are you at** soccer?

Exercise 1 – Choose the correct option

1. _____ often do you exercise?
   a) How long   b) How often   c) How good

2. _____ long do you study English?
   a) How well   b) How often   c) How long

3. _____ well do you play soccer?
   a) How good   b) How often   c) How well

Exercise 2 – Match the question with the answer

Questions: **Answers:**
1. How often do you read?   A. About eight hours a day.
2. How long do you sleep?   B. Pretty good.
3. How good are you at English?   C. Twice a week

Exercise 3 – Complete the sentences with often / long / good

1. How _____ do you work out?
2. How _____ do you spend at school?
3. How _____ are you at math?

Exercise 4 – Write your answers

1. How often do you exercise? _____

2. How long do you study English? _____

3. How good are you at sports? _____