# 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?

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## 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? _____

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