ADVERBS OF FREQUENCY
HEALTHY HABITS

Complete each sentence with: always / usually / often / sometimes / never. Read the hint carefully before choosing.

1. I _____ drink a glass of water when I wake up. (100% of the time)
2. My brother _____ eats fruit after lunch. (many times, but not always)
3. We _____ go for a walk after dinner. (most days)
4. Sarah _____ drinks energy drinks. (0% of the time)
5. They _____ cook healthy meals at home. (most days)

6. I _____ do yoga on Saturday mornings. (from time to time)
7. My parents _____ have breakfast before work. (100% of the time)
8. Tom _____ goes to bed before midnight. (many times, but not always)
9. We _____ eat fast food because we like cooking at home. (0% of the time)
10. She _____ rides her bike to school when the weather is nice. (from time to time)
11. I _____ wash my hands before eating. (100% of the time)
12. My friend _____ drinks enough water during the day. (most days)
13. They _____ exercise together after work. (many times, but not always)
14. Emma _____ skips breakfast because she knows it is important. (0% of the time)
15. We _____ stretch before playing sports. (100% of the time)
16. I _____ eat chocolate after dinner. (from time to time)
17. My grandparents _____ take a short walk in the afternoon. (most days)
18. He _____ sleeps eight hours every night. (many times, but not always)
19. We _____ watch TV while eating dinner. (0% of the time)
20. I _____ meditate before going to bed. (from time to time)

LIVEWORKSHEETS