



Name: _____

Date: _____

Class: _____

Level A2+ · 5 tasks · Write clearly in pen or pencil.

TASK 1 — Vocabulary: Complete from the Box

Use each phrase once.

wake up · get ready · rush to work · take a break · have lunch · get home · go to bed · have free time

1. I usually _____ at 7:00 on weekdays.
2. I don't like to _____, so I prepare my clothes the night before.
3. I sometimes _____ because I wake up late.
4. I usually _____ at about 1 p.m.
5. I always _____ after two or three hours of work.
6. I normally _____ at around 7 p.m.
7. I don't usually _____ before midnight.
8. I don't have much _____ during the week.

TASK 2 — Multiple Choice: Frequency Expressions

Choose the correct answer. Circle **a**, **b** or **c**.

1. I go to the gym _____ a week — on Tuesday and Friday.
a) every b) twice c) most
2. I check my messages _____ morning.
a) every b) twice c) once
3. I usually meet my friends _____ weekends.
a) in b) on c) at
4. I work from home _____ days.
a) most b) twice c) every
5. I go to the cinema about _____ a month.
a) once b) every c) most
6. I drink coffee _____ day.
a) once a b) twice c) most
7. I have an English lesson _____ a week.
a) twice b) every c) most
8. I go for a walk _____ time to time.
a) at b) from c) on

TASK 3 — Grammar: Present Simple or Present Continuous?

Choose the correct form. Circle the right option.

1. I usually **work** / **am working** from home, but today I **work** / **am working** in a café.
2. She **gets** / **is getting** up at 7 every day.
3. We **have** / **are having** a lot of work this week.
4. He normally **takes** / **is taking** the bus to work.
5. I **try** / **am trying** to go to bed earlier this month.
6. They **study** / **are studying** English twice a week.
7. My routine **changes** / **is changing** because I have a new job.
8. I usually **have** / **am having** lunch at home.



TASK 4 — Grammar: Stative Verbs

Choose the correct option. Circle the right form.

1. I **know** / **am knowing** what I need to do today.
2. She **likes** / **is liking** her new routine.
3. I **think** / **am thinking** this schedule is too busy.
4. What **do you think** / **are you thinking** about your new timetable?
5. He **needs** / **is needing** more free time.
6. We **understand** / **are understanding** the problem.
7. I **want** / **am wanting** to change my morning routine.
8. She **believes** / **is believing** that sleep is important.

TASK 5 — Use of English: Complete the Text

Choose the correct option for each gap. Circle **a**, **b** or **c**.

My New September Routine

September is always busy because my everyday life _____ (1) again. I usually _____ (2) up at 7, but this week I _____ (3) up at 6:30. I _____ (4) to work at 8 and usually _____ (5) a short break at 11. I don't _____ (6) much free time during the week, so I'm trying to organise my evenings better. I _____ (7) spending too much time on my phone, and I _____ (8) to change this habit.

1. a) changes b) is changing c) changing
3. a) get b) am getting c) getting
5. a) take b) am taking c) takes
7. a) know b) am knowing c) knowing

2. a) get b) am getting c) gets
4. a) rush b) am rushing c) rushing
6. a) have b) having c) am having
8. a) want b) am wanting c) wants

Total: 5 tasks · 40 answers · Bring this sheet to the next lesson.

■ Theme: summer routine → September routine · Good luck!