

DAILY ROUTINES & LIFESTYLE

Practice Worksheet • Professional Trainer Edition

Context: Practice everyday collocations, routines, and expressions using the vocabulary from your lesson, customized for an adult PE teacher and trainer.

Part A: Collocations with *Have* and *Do*

Complete each sentence using either **have** or **do** with the correct word from the lesson.

1. After his early morning run, he likes to a quick wash and clean his teeth.
2. Before heading to the sports field, he sits down to coffee and cereal for breakfast.
3. On busy days when he is coaching until late, he prefers to a light lunch like a salad.
4. After a sweaty afternoon workout session, he always needs to a shower.
5. On his day off, he likes to a sleep in the afternoon to recover.
6. He hates cooking after a long shift, so he decides to without cooking and just get a takeaway.
7. Every weekend, he has to some shopping at the supermarket for healthy groceries.
8. To keep his apartment clean and tidy, he pays someone else to the housework.
9. He is very busy, so he has to some of his own ironing for his clothes.
10. Before going to bed, he likes to a bath instead of a shower to relax his muscles.

Part B: Fill in the Blanks (Vocabulary Practice)

Fill in the missing words or phrases from the lesson based on the context.

1. His alarm goes off early, so he wakes up by himself instead of having his mum him up.
2. When he goes to bed at night, he is so tired that he usually falls straight away.
3. If he has a very late because of an evening sports match, he tries to rest the next day.
4. Between coaching sessions in the afternoon, he eats a small amount of food as a
5. Instead of cooking, he sometimes buys a meal in a restaurant and brings it home to

6. One of his household responsibilities is to feed the before he leaves for the gym.
7. In the morning rush, he takes time to clean his teeth, or as a synonym, to his teeth.
8. He employs a cleaner who does a lot of the housework, which happens because of good luck—or
.....
9. On weekdays, he usually stays in the evening to relax instead of going out.
10. Sometimes his friends come to his apartment to chat about sports, music, and life.

Part C: Spot the Error

Each sentence contains a mistake based on the lesson's vocabulary or grammar rules. Find the mistake and write the correct version.

1. **Sentence:** "He usually wakes up at 6:00 am and gets up a few minutes before."
Correction: _____
2. **Sentence:** "In the evenings, he goes to bed about 10:30 pm and goes to sleep straight out."
Correction: _____
3. **Sentence:** "He doesn't have time to cook, so he gets a takeaway and eats it at a restaurant."
Correction: _____
4. **Sentence:** "He spends too much time in the bathroom putting on a bit of make-up before training."
Correction: _____
5. **Sentence:** "He has a cleaner who helps do the housework, including doing his washing clothes."
Correction: _____
6. **Sentence:** "At the weekend, he loves to go out with friends and chat round about sports."
Correction: _____

Answer Key (For Reference)

Part A: 1. have | 2. have | 3. have | 4. have | 5. have | 6. bother | 7. do | 8. do | 9. do | 10. have

Part B: 1. wakes | 2. asleep | 3. night | 4. snack | 5. eat | 6. cat | 7. brush | 8. fortunately | 9. in | 10. round

Part C Corrections:

1. ...gets up a few minutes *later*.
2. ...goes to sleep straight *away*.
3. ...eats it *at home*.
4. ...*have a shave* (or similar grooming).
5. ...doing his *washing*.
6. ...and *chat about* sports.