
ADVERBS OF FREQUENCY

We use the adverbs of frequency to tell someone how often something happens:
Always = 100%, never = 0%

Frequency	Adverb
100%	always
90%	usually, regularly
80%	normally, generally
70%	often, frequently
50%	sometimes
30%	occasionally
10%	seldom
5%	rarely, hardly ever
0%	never

The position of the adverb of frequency in a sentence

The adverbs of frequency go **before a main verb**:

Subject + **adverb** + **main verb** or
Subject + **auxiliary verb** + **adverb** + **main verb**

We **never** **work** on Sundays.
They **usually** **play** volleyball on Thursdays.
I **always** **get up** at 7 during the week.
He **can** **usually** **visit** us on Sundays
We **have** **often** **got** some homework.

The adverbs of frequency go **after a form of to be** (am, is, are, etc.):

Subject + **to be** + **adverb**

They **are** **always** busy.
She **was** **often** late.

We can also use the following adverbs **at the beginning of a sentence**:
Usually, normally, often, frequently, sometimes, occasionally

Sometimes I go shopping on Saturdays.