Comparison with adverbs

Choose the correct option: superlative or comparative adverb

- My sister organizes her files more / the most carefully than my brother.
- 2. In our family, my dad works in the backyard **the more** *I* **the most** frequently of all of us.
- My brother programmes the better / the best of all.
- I turn off the lights more / most often than my brother and sister.
- I also take out the trash more regular / more regularly than they do.
- 6. I study the more / the most efficiently when I'm alone.
- 7. She practices English less / least often than her brother.
- 8. I clean the windows the less / the least often of all my chores because I hate doing it!

