



Ali's Daily Routine

1. Complete the text about Ali's daily routine. Use the verbs in the box.

get changed • get up • go to bed • have breakfast • have dinner
have lunch • train • travel • have a shower

I ⁽¹⁾ get up at about seven o'clock and I ⁽²⁾ _____. Then I ⁽³⁾ _____.
It's usually some cereal and fruit. Diet is very important. After that, I ⁽⁴⁾ _____ to the gym. I usually cycle there.

I'm always at the gym at about nine o'clock. At the gym, I ⁽⁵⁾ _____. The team colours are purple and white, and red is my favourite colour! Then, I ⁽⁶⁾ _____ with the team. The training session is usually about three hours, then we ⁽⁷⁾ _____ in the gym restaurant.

We eat a lot of pasta for energy. In the afternoon, we often play a game with friends of the team.

To relax after the gym, I often listen to music. I ⁽⁸⁾ _____ at about eight o'clock – my favourite food is fish, with a lot of vegetables. I usually ⁽⁹⁾ _____ at about half past ten. I sometimes read a book in bed.

Wh- and How Questions

2. Look at Ali's daily routine in exercise 1. Match questions 1-7 to answers a-g.

1 C 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____

1. What time does Ali get up?
2. Where does she train?
3. How does she travel to the gym?
4. What sport does she play?
5. Who does she train with?
6. How many hours does she train?
7. Where does she have lunch?

- a. She trains with her team
- b. She eats at the gym.
- c. She gets up at 7.00.
- d. About three a day.
- e. She trains at the gym.
- f. She cycles to the gym.
- g. She plays basketball.



3. Complete Pat's Interview with Ali with these words:

How many What How much How often

Pat: Hello, Ali. How are you?

Ali: I'm fine thanks, Pat.

Pat: ⁽¹⁾ _____ team do you play with, Ali?

Ali: I play with the London Stars. They're a fantastic team.

Pat: ⁽²⁾ _____ time do you train in a week?

Ali: Six days. I don't go to the gym on Sunday I relax.

Pat: ⁽³⁾ _____ do you do to relax?

Ali: I read, watch TV – and I cycle. Cycling is brilliant. I cycle to the gym.

Pat: ⁽⁴⁾ _____ do you cycle?

Ali: I cycle to the gym every day.

Pat: ⁽⁵⁾ _____ kilometres is it?

Ali: About 15.

Pat: Fifteen kilometres! Every day!



4. Write PLAY, GO or DO with the sports.

- | | |
|----------------------|---------------|
| <input type="text"/> | basketball |
| <input type="text"/> | windsurfing |
| <input type="text"/> | badminton |
| <input type="text"/> | rock-climbing |
| <input type="text"/> | judo |
| <input type="text"/> | volleyball |
| <input type="text"/> | horse-riding |
| <input type="text"/> | athletics |
| <input type="text"/> | rugby |
| <input type="text"/> | cricket |