

1. Listen, drag and drop the activities to the persons.

Aaron



Riley



exercises **every day**. **usually** watches TV.

gets up early **every day**.

does weight lifting **three times a week**.

**hardly ever** exercises.

**always** runs on the treadmill.

is a real couch potato.

2. Listen, complete the sentences and put in order the **ADVERBS OF FREQUENCY**.

three times a year. often. much. Usually  
every day. twice a month. once a week. often

Sometimes sometimes hardly ever  
never ever often

a) How \_\_\_\_\_ do you exercise?

I run on the treadmill \_\_\_\_\_

I go jogging \_\_\_\_\_

I play soccer \_\_\_\_\_

I swim about \_\_\_\_\_

I don't exercise very \_\_\_\_\_

I don't exercise very \_\_\_\_\_  
\_\_\_\_\_ I exercise before class.

b) Do you \_\_\_\_\_ watch TV in the evening?

Yes, I \_\_\_\_\_ watch TV after dinner.

I \_\_\_\_\_ watch TV before bed.

\_\_\_\_\_ I watch TV before bed.

I \_\_\_\_\_ watch TV.

No, I \_\_\_\_\_ watch TV.

**ADVERBS OF FREQUENCY**

Never Hardly ever  
Almost always Usually  
Sometimes Almost never  
Often Always

100%

0%

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NOTE: **USUALLY** and  
**SOMETIMES** can begin a  
sentence.