

A. Read about Mark's typical working day.

I usually get up at 6 o'clock and have a shower. Then, I go for an early morning jog in the park. After that, I have a big breakfast and ride my bicycle to work, which usually takes me about half an hour. I start work at 8:30 a.m. I never have lunch. I finish work at 5 o'clock. I'm always tired when I arrive home. I usually cook a meal in the evening and then watch TV. I don't usually go out at night. I go to bed at about 10:30 p.m. I always sleep well.

B. Yesterday was a typical day for Mark. Use the verbs from the text to complete the past simple affirmative and negative sentences about what he did or didn't do yesterday. Write one word in each space.

1. He up at 6 o'clock.
2. He for an early morning jog.
3. He a big breakfast.
4. He his bicycle to work.
5. It him half an hour to get to work.
6. at 8:30 a.m.
7. lunch.
8. at 5 o'clock.
9. He tired when he home.
10. a meal yesterday evening.
11. TV.
12. out last night.
13. to bed at 10:30 p.m.
14. well last night.

