

# Quantifiers

**A** Complete the text with these quantifiers. Sometimes more than one answer is possible.

a little bit   a lot of   enough   lots of   many   much   not enough   plenty of   so many   so much   too little   too many   too much



**Mia Harris**

What are some good habits to include in your daily routine?

Most relevant▼



**ManuTSP**

Getting up early! Think about it: you would be <sup>1</sup>\_\_\_\_\_ more productive if you got up really early, like two or three hours before you start your workday. You would have <sup>2</sup>\_\_\_\_\_ time to exercise, plan your day, and do the kinds of things that it can be impossible to find time for once you leave the house for work.



**Mia Harris**

Great idea! The only problem I see is not getting <sup>3</sup>\_\_\_\_\_ sleep. To work well, you have to sleep well. I read somewhere that Einstein preferred to get at least 10 hours of sleep a night! For most people, 10 hours would probably seem like <sup>4</sup>\_\_\_\_\_ hours to spend asleep, but I think we need at least seven hours to think clearly and be creative—or at least I do!



**ManuTSP**

True! I guess you just have to go to bed <sup>5</sup>\_\_\_\_\_ earlier—or a lot earlier!



**Jacopo21**

Personally, I think we leave <sup>6</sup>\_\_\_\_\_ time for family and friends in our daily routine. We put everything else in our calendar—dentist appointments, meetings—but we forget about the more important things!



**EduardoX**

How <sup>7</sup>\_\_\_\_\_ time in a day do you think we should dedicate to our social life?



**Jacopo21**

An hour a day?



**EduardoX**

Only an hour! That's <sup>8</sup>\_\_\_\_\_ in my opinion. I'd say more like three or four hours.



**Liza621**

If you ask me, we'd all be happier if we wasted less time. People spend <sup>9</sup>\_\_\_\_\_ time on social media responding to posts like this one and <sup>10</sup>\_\_\_\_\_ time reading or doing something else that improves our minds. I'm obviously guilty of this myself!



**Mia Harris**

But doesn't social media count as reading? People post links to <sup>11</sup>\_\_\_\_\_ interesting articles. Be honest: how <sup>12</sup>\_\_\_\_\_ times have you learned something new on social media?