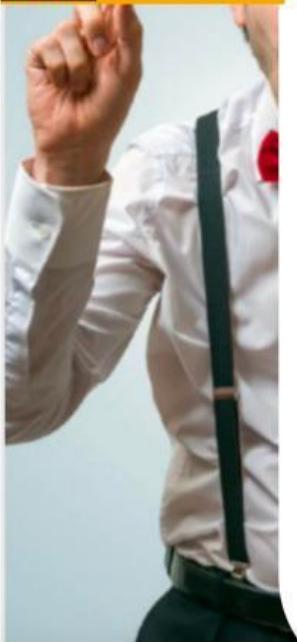


Forms to express exception and habit



Student A: Hey, I've been thinking about my daily habits lately. Apart from weekends, I usually wake up at 6 AM. How about you?

Student B: That's impressive! Nine times out of ten, I hit the snooze button and wake up around 7. In most cases, I end up rushing through my morning routine because of it.

Student A: I get that. Not counting the times I stay up late, I manage to get a good night's sleep.

Student B: I wish I could do that. This does not include weekends, but I often find myself staying up past midnight. How do you manage to stick to your bedtime?

Student A: Well, I try to avoid screens an hour before bed. Reading a book helps me relax. Apart from this, I make sure to exercise regularly. Is there any habit you're proud of?

Student B: Yes, actually. More often than not, I cook my meals at home. It's healthier and saves money. But eating out is an exception, usually when I'm too tired or on special occasions.

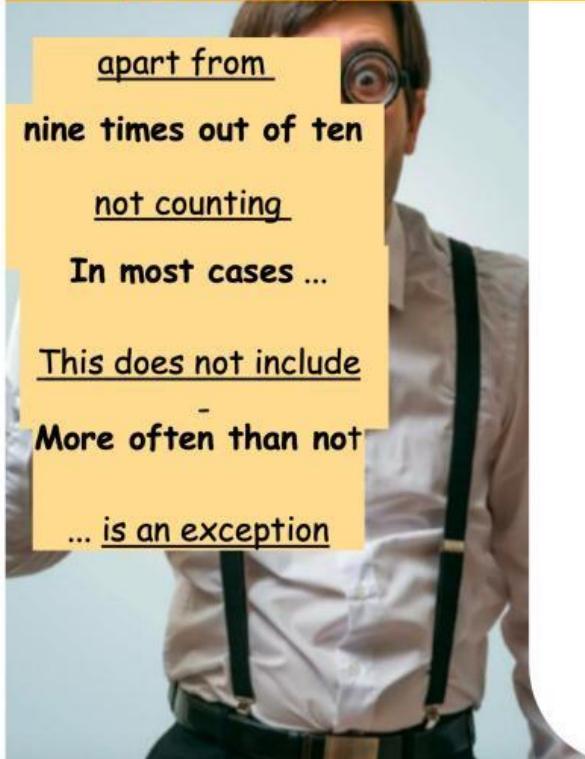
Student A: That's great! I need to improve my eating habits. In most cases, I end up ordering takeout.

Student B: Maybe we can help each other out. I can share some easy recipes, and you can give me tips on sticking to a bedtime routine.

Student A: Sounds like a plan! Apart from these changes, is there anything else you're working on?

Student B: Not counting my occasional laziness, I want to start a regular workout routine.

Complete the ideas with the correct expression



- **Example comment:** "_____ from weekends, I go jogging every morning. _____ of ten, it makes me feel energized for the rest of the day. _____, I prefer jogging outside, but _____ include rainy days when I stay indoors. Jogging has become an essential part of my routine."
- **Example comment:** "I want to improve my sleeping habits. Not _____ weekends, I often go to bed late. In _____, I get around six hours of sleep, which is not enough. _____ not, I end up feeling tired during the day. Watching TV late at night is _____; usually, I read a book before bed. I plan to set a strict bedtime to improve my sleep."
- **Example comment:** "Over the past year, I've started cooking more at home. _____ cases, I prepare healthy meals, but _____ include busy weekdays when I might order takeout. Eating out is an exception now; I usually prefer home-cooked meals."

Fill in the blanks with the appropriate expressions

apart from

nine times out of ten

not counting

In most cases I...

This does not include

More often than not

... is an exception

1. _____ I _____ on weekends, I because ...
2. _____, I _____ first thing in the morning...
3. _____ holidays, I _____.
4. _____, _____ before going to bed.
5. I try to eat healthy meals during the week. _____ when I might indulge in desserts.
6. _____, I prefer watching movies at home rather than _____
7. I usually _____. _____. when I'm on vacation.