Daily Routine Worksheet

Part 1: Multiple Choice

Choose the correct option to complete the sentence.

1. Sarah _____ early every day to go for a run.
   a) used to wake
   b) wakes up
   c) has woken
   d) waking
2. Which of the following describes a productive morning routine?
   a) Watching TV all morning.
   b) Checking emails while having breakfast.
   c) Staying in bed until noon.
   d) Skipping breakfast to save time.
3. "John has been consistent with his daily workout routine." This means:
   a) John avoids working out.
   b) John regularly exercises.
   c) John occasionally exercises.
   d) John finds it hard to exercise.



Part 2: Matching Words and Definitions

Match the word on the left to its correct definition on the right.

1. Routine
2. Habit
3. Productivity
4. Ritual
5. Efficiency

a) A specific series of actions regularly followed.
b) The ability to accomplish a task with minimal waste of time and resources.
c) A repeated practice or custom, often symbolic.
d) A regular tendency or practice, especially one that's hard to give up.
e) The effectiveness of effort in achieving a goal.

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Part 3: Fill in the Blanks

Complete the sentences using the words provided: *organized, consistent, prioritize, adjust, schedule.*

1. To maintain a healthy routine, it's important to _____ your tasks for the day.
2. Being _____ helps in sticking to a daily routine without much effort.
3. Sarah's routine includes a _____ plan for her workouts and study time.
4. If your routine isn't working, it's wise to _____ it to suit your needs.
5. Having an _____ morning can set the tone for the rest of the day.

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