

c Complete the **You** column in the chart. Then complete the sentences with a verb and an adverb of frequency.

always	✓✓✓✓✓	sometimes	✓✓
usually	✓✓✓✓	hardly ever	✓
often	✓✓✓	never	-



	Matt	Becky	You
sleep for eight hours	1 <input checked="" type="checkbox"/>	6 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	11
be relaxed	2 <input checked="" type="checkbox"/>	7 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	12
do sport or exercise	3 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	8 <input type="checkbox"/>	13
eat healthy food	4 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	9 <input checked="" type="checkbox"/>	14
be ill	5 <input type="checkbox"/>	10 <input checked="" type="checkbox"/>	15

Becky

6 Becky _____
7 She _____
8 _____
9 _____
10 _____

You

11	I _____
12	_____
13	_____
14	_____
15	_____

Matt

- 1 Matt usually sleeps for eight hours.
- 2 He is always _____.
- 3 He sometimes _____.
- 4 He _____.
- 5 _____.