

- 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 ✓✓✓✓✓	6 ✓✓	11
be relaxed	2 ✓✓✓✓✓	7 ✓✓✓✓	12
do sport or exercise	3 ✓✓	8 –	13
eat healthy food	4 ✓✓✓	9 ✓	14
be ill	5 –	10 ✓✓✓✓✓	15

Matt

- Matt usually sleeps for eight hours.
- He is always _____.
- He sometimes _____.
- He _____.
- _____.

Becky

- Becky _____.
- _____.
- She _____.
- _____.
- _____.
- _____.
- _____.
- _____.
- _____.
- _____.

You

- I _____.
- _____.
- _____.
- _____.
- _____.
- _____.
- _____.
- _____.
- _____.
- _____.