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

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

Becky

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

You

11 I _____.
12 _____.
13 _____.
14 _____.
15 _____.

LIVEWORKSHEETS