Daily Routines, Adverbs of Frequency, Phrasal Verbs, and Preferences

Instructions: Fill in the blanks with the correct words or phrases.

love, freshen up, always, wake up, rarely, pick up, don't mind, never, like, hate

I usually _____ at 6:30 a.m. on weekdays, but I _____ get up right away; I stay in bed for a few more minutes. After that, I _____ before having breakfast. I _____ eating a light meal in the morning because it gives me energy for the day.

On my way to work, I sometimes _____ coffee from a nearby café, but I _____ stop for breakfast because I am often in a hurry. I _____ spending my evenings at home, relaxing or watching TV, but I _____ going to crowded places after work.

On weekends, I _____ catching up on my hobbies or meeting friends. I _____ working out at the gym, though I _____ it when the gym is too crowded.

Comprehension Passage

Read the passage below carefully and answer the questions that follow.

James is a software engineer who works from home most days. He usually wakes up at 7:00 a.m. and spends the first thirty minutes of his day freshening up and having breakfast. He likes starting his mornings with a cup of coffee while reading the news.

James works for about four hours before taking a short break. During his break, he often winds down by listening to music or catching up on his favorite TV shows. After lunch, he spends the afternoon completing his work tasks and answering emails. He always makes sure to log off from work by 6:00 p.m.

In the evening, James enjoys cooking dinner. He loves trying out new recipes, especially when they involve pasta or seafood. Once a week, he eats out with friends at a nearby restaurant. On weekends, James likes to go hiking or work out at the gym. He hates sitting at home all day unless he's feeling unwell.

James believes that balancing work and relaxation is important. He doesn't mind working hard during the week because he knows he will have time to unwind on weekends.

Questions

1. What does James do to relax during his break?
2. Why doesn't James mind working hard during the week?
3. What activities does James enjoy on weekends?
4. What is one thing James does every morning after waking up?
5. Why does James avoid staying at home all day on weekends?

LIVEWORKSHEETS