A: I usually **get up** at six to start my day early.
B: That's impressive! I struggle to get out of bed before seven.

A: Have you **put on** your uniform for school yet?
B: Not yet, I'm still deciding which one to wear.

A: I need to **warm up** before my workout.
B: Good idea! A proper warm-up is essential to avoid injuries.

A: Let's **set up** the table for dinner; guests will arrive soon.
B: Alright, I'll grab the plates and cutlery from the kitchen.

A: Can you **look into** the schedule for this week?
B: Sure, I'll check it right now and see if anything has changed.

A: I'll **log in** to the online class now; it starts in five minutes.
B: Great! I'll join you in a moment, just finishing my breakfast.

A: Let's **go over** the presentation one more time before the meeting.
B: Absolutely, I want to make sure we're both on the same page.

A: I think we've **run out of** coffee; I'll need to buy some later.
B: Oh no, that's a disaster! Coffee is essential for me in the morning.

A: Are you **going out** tonight or staying in?
B: I'm not sure yet; it depends on how I feel after work.

A: Could you **pick up** some milk on your way home?
B: Of course, I'll make sure to grab it from the shop.

A: Just **keep going**, you're almost at the finish line!
B: Thanks! I'll push through and not stop now.

A: I plan to **work out** after dinner; I need to stay fit.
B: That sounds good! I might join you if I have the energy.

LIVEWORKSHEETS

A: I'm trying to **give up** sugar in my coffee.
B: That's a healthy choice — good for you!

A: Can you **turn on** the lights? It's getting quite dark in here.
B: Sure, I'll do that right away; it's hard to see anything.

A: I need to **carry out** my tasks before the deadline arrives.
B: Let's prioritise them and make sure everything gets done on time.

A: Can you **take down** his phone number for me?
B: Sure, go ahead — I've got a pen ready.

A: I'll **get back to** you once I have more information on the project.
B: That sounds perfect; I look forward to hearing from you.

1. prepare body for exercise ___*warm up*___
2. rise from bed after sleeping ___*get up*___
3. leave a room or building ___*go out*___
4. continue in the same way as before ___*keep going*___
5. exercise to improve your strength/appearance ___*work out*___

1. finish/use all of something, so that there is none left ___*run out of*___
2. study or explain something ___*go over smth*___
3. go through the procedures to begin using a computer ___*log in (to smth)*___
4. examine or look at something in a detailed way ___*look into smth*___
5. start doing something again ___*get back to smth*___

1. collect, or to go and get something ___*pick smth up*___
2. prepare something for use ___*set (smth) up*___
3. cover part of the body with clothes/shoes/make-up ___*put smth on*___
4. start the operation by means of a tap or button ___*turn smth on*___
5. stop doing or using something ___*give up smth*___
6. write down spoken words ___*take smth down*___
7. perform a task ___*carry out smth*___

LIVEWORKSHEETS

put on	**carry out**	**set up**	**turn on**	**take down**
look into	**run out of**	**go over**	**pick up**	**log in**

_____ the test the instructions the schedule	_____ a quick snack the documents some milk	_____ the schedule the issue the complaint
_____ the laptop the lights the fan	_____ the clothes the uniform my hoodie	_____ to the system to the work account to the website
_____ the coffee machine the new phone my workspace	_____ the plan my tasks a boiler installation	
_____ the orders the message the notes	_____ coffee sugar printer paper	

LIVEWORKSHEETS

A: I always _____ before my workout to avoid injuries.
B: That's smart; I should start doing that as well.

A: Could you help me _____ my jacket before we head out?
B: Of course, let me just zip it up for you.

A: Let's _____ the plan for the day before we leave.
B: Good thinking! It's always better to have a clear idea of what we're doing.

A: Are we still planning to _____ for dinner later?
B: Yes, I'm looking forward to it; it'll be nice to unwind.

A: I've _____ milk. Could you pick some up on your way home?
B: Of course, I'll grab a couple of cartons.

A: I think I might _____ trying to wake up early for the gym.
B: Don't do that! Just find a routine that works for you.

A: I need to _____ a schedule for my workouts this week.
B: That sounds smart; a routine will help you stay on track.

A: Have you managed to _____ to your account for the meeting?
B: Not yet, I think I forgot my password again.

A: Can you _____ the dry cleaning on your way home?
B: Of course, I'll make sure to grab it before I get back.

A: We need to _____ a few tests before launching the app.
B: No problem, I'll get started right away.

- put on
- warm up
- set up
- log in
- go over
- run out of
- go out
- carry out
- pick up
- give up

LIVEWORKSHEETS

MIND MAP

Create a mind map of your daily routine. Include at least 10 phrasal verbs from the list. Organise your ideas into parts of the day and activities. Be ready to present your story at the next lesson and tell your partner about your daily life.

Useful phrasal verbs:

- get up
- put on
- warm up
- set up
- log in
- look into
- go over
- run out of
- go out
- pick up
- keep going
- give up
- work out
- get back to
- carry out
- turn on
- take down

A day in my life

Morning routine

Work/school tasks

Exercise or hobbies

After work/school

Evening/ending the day

LIVEWORKSHEETS