

**A. Read about Mark's day and underline the verbs in the text.**

I usually get up at 6 o'clock and have a shower. Then, I go for a jog in the park. After that, I eat a big breakfast and ride my bicycle to work. It takes me about half an hour to get to work. I start work at 8:30 a.m. I don't have lunch. I finish work at 5 o'clock. I am always tired when I arrive home. I usually cook dinner in the evening and then watch TV. I don't go out at night. I go to bed at 10:30 p.m. I always sleep well.

**B. Yesterday was a normal day for Mark. Use the verbs from the text to complete the past simple affirmative and negative sentences about what he did or didn't do yesterday. Write one word in each space.**

1. He ..... up at 6 o'clock and ..... a shower.
2. He ..... for a jog in the park.
3. He ..... a big breakfast.
4. He ..... his bicycle to work.
5. It ..... him half an hour to get to work.
6. ..... at 8:30 a.m.
7. ..... lunch.
8. ..... at 5 o'clock.
9. He ..... tired when he ..... home.
10. ..... dinner.
11. ..... TV.
12. ..... out last night.
13. ..... to bed at 10:30 p.m.
14. ..... well last night.

**C. Write a short paragraph about what you did yesterday using the past simple.**

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