1. Choose the correct option.

1. _____ do you go to the gym?
   a) How long
   b) How often
   c) How much
2. _____ water do you drink every day?
   a) How many
   b) How often
   c) How much
3. _____ hours do you sleep every night?
   a) How many
   b) How much
   c) How well
4. _____ do you spend at the gym?
   a) How often
   b) How long
   c) How many
5. _____ do you speak English?
   a) How well
   b) How much
   c) How often
6. _____ meals do you eat every day?
   a) How much
   b) How many
   c) How long
7. _____ healthy are your eating habits?
   a) How often
   b) How many
   c) How
8. _____ money do you spend on food?
   a) How much
   b) How many
   c) How long
9. _____ do you exercise?
   a) How often
   b) How much
   c) How many
10. _____ time do you spend studying English?
    a) How long
    b) How many
    c) How well

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2. Match the question with the answer

1. How often do you exercise?
2. How long do you exercise?
3. How well do you cook?
4. How many meals do you eat a day?
5. How much water do you drink?
6. How healthy is your diet?

a. About 30 minutes.
b. Very well.
c. About two liters.
d. Five meals.
e. Three times a week.
f. Quite healthy.

3. Complete the questions

How often – How long – How well – How many – How much – How healthy

1. _____ do you go to the supermarket?
2. _____ time do you spend cooking?
3. _____ students are in your class?
4. _____ water do you drink every day?
5. _____ do you speak English?
6. _____ is your lifestyle?
7. _____ do you watch TV?
8. _____ hours do you sleep?
9. _____ money do you spend on clothes?
10. _____ do you study English?

4. Choose the correct answer

11. **How often do you exercise?**
    a) For one hour.
    b) Three times a week.
    c) Very well.
12. **How long do you sleep?**
    a) About eight hours.
    b) Every night.
    c) Very healthy.

13. **How many cups of coffee do you drink?**
    a) A lot.

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b) Three cups.
c) Every morning.

14. **How much water do you drink?**
    a) Two liters.
    b) Two bottles.
    c) Twice a day.
15. **How well do you cook?**
    a) Three times a week.
    b) For two hours.
    c) Very well.
16. **How healthy are your eating habits?**
    a) Quite healthy.
    b) Five meals.
    c) Every day.

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