

Read the sentences from the interview and write the words in bold next to the correct percentage.

My day **always** starts early in the morning. I **sometimes** cycle to the boathouse.
I **usually** work out on the rowing machine at the university gym.
I'm **never** late for my training the next morning!

a. 100 % _____ b. 90 % _____ c. 70 % often d. 50 % _____ e. 15 % rarely f. 0 % _____

Read the rules and underline the correct option.

- a. Frequency adverbs tell us the **exact time** / **frequency** of an action.
- b. Frequency adverbs go **before** / **after** the verb *to be*.
- c. Frequency adverbs go **before** / **after** the other verbs in affirmative sentences.



FOCUS

Frequently is the same as *often*. *Seldom* is the same as *rarely*.

Check (✓) the percentages that apply to you.

How often do you...	100 %	90 %	70 %	50 %	15 %	0 %
work out?						
have a healthy breakfast?						
go to bed late?						
eat junk food?						
cycle to school?						
do your homework?						



LIVEWORKSHEETS