

Listening Activity

Audio



Listen to the conversation carefully and pay attention to James's routine, job, workplace, and free-time activities.

1- Put the activities in the correct order according to James's routine. Write numbers 1-7.

- ___ James watches movies, reads books, or meets his friends.
- ___ James starts work at 7:00 a.m.
- ___ James goes home and has lunch.
- ___ James helps people exercise.
- ___ James relaxes on Sundays.
- ___ James works at a gym.
- ___ James exercises every day.



First, James _____.
Then, he _____.
After that, he _____.
He also _____.
On Sundays, he _____.

2- Match each word or expression with its correct explanation.

- | | |
|------------------------|--|
| ___ fitness instructor | A. To do physical activity to keep your body healthy. |
| ___ gym | B. A place where people exercise. |
| ___ workout plan | C. A person who helps people exercise and stay fit. |
| ___ exercise | D. To rest and do something calm or enjoyable. |
| ___ work out | E. A plan that shows what exercises a person should do. |
| ___ relax | F. A day when you do not work. |
| ___ day off | G. To have a job and earn money. |
| ___ for a living | H. To do physical exercises. |

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3- Complete the WH-questions with the words in the box.

WHAT - WHERE - WHEN - HOW OFTEN - WHAT TIME - HOW

- _____ is James's job?
- _____ does James work?
- _____ does James start work?
- _____ does James exercise?
- _____ does James do after work?
- _____ does James relax?

4- Complete the sentences about James.

- James is a _____.
- He works at a _____.
- The gym is _____.
- He usually starts work at _____.
- At the gym, he helps people _____.
- He exercises _____.
- He sometimes works on _____.
- He usually relaxes on _____.
- He often _____.
- He sometimes meets _____.

[Check full dialogue here](#)

Speaking Activity

5- Use the questions below to talk about your own routine.

↑
YOUR
TURN

What do you do for a living?

Where do you work or study?

What time do you usually start?

What do you usually do during the day?

How often do you exercise?

What do you do after work or school?

Do you work or study on weekends?

When do you usually relax?

What do you often do when you relax?

Where do you usually go in your free time?