

ADVERBS OF FREQUENCY

%	Adverb of Frequency	Example
100%	Always	I always study after class
90%	Usually	I usually walk to work
80%	Normally / Generally	I normally get good marks
70%	Often / Frequently	I often read in bed at night
50%	Sometimes	I sometimes sing in the shower
30%	Occasionally	I occasionally go to bed late
10%	Seldom	I seldom put salt on my food
5%	Hardly ever / Rarely	I hardly ever get angry
0%	Never	Vegetarians never eat meat

Subject + Adverb + Main Verb	Subject + BE + Adverb
Daniel always passes his exams.	He is always happy.

Look at the adverb of frequency picture and answer the following questions about you.

Example: How often do you wake up at 6 am?

I **sometimes** wake up at 6 am.

1. How often do you feed the dog?
2. How often do you water the plants?
3. How often do you clean your room?
4. How often do you sweep the floor?
5. How often do you do you mop the floor?
6. How often do you hang the clothes?
7. How often do you wash the dishes?