

Student's name _____ Date: _____

Listen to the audio and complete the text with the words in the box

Never	always	run	usually
Tennis	Love	sometimes	
relax	hardly ever	gym	
Almost always	Energetic		
exercise	Thursday	play	
sports			



I am quite an 1. _____ person and like to 2. _____ and 3. _____. I 4. _____ go for a short 5. _____ in the morning and then I 6. _____ relax over a cup of coffee before getting ready for work. At work we have a 7. _____ league and I 8. _____ have a match to play on 9. _____. I'm not very good at tennis though and 10. _____ win. In the evenings, I often go to the 11. _____ on the way home and 12. _____.
13. _____ do some weights. I 14. _____ use heavy ones though. I also don't like the cross trainer and almost never use it. However, I do 15. _____ a sauna after and if I have time, always 16. _____ in it after a long workout.

Taken from: <http://soundgrammar.com/materials/M020-AdverbsOfFrequencyOne.html>