

## Grammar present simple and adverbs of frequency

1a Put the words in the right order to make sentences.

1 often / coffee / for / go / They / out / a

They often go out for a coffee.

2 goes / My / and / running / then / every / girlfriend / now

3 don't / the / usually / We / camping / in / go / summer

4 best / aerobics / a / friend / My / twice / week / or / does / once

5 ever / games / I / play / hardly / computer

6 family / often / My / future / don't / plans / make

Complete the second sentence so that it means the same as the first. Replace the **bold** words with the adverbs and expressions in the box.

always every now and then most days  
once or twice a year rarely

1 My partner does exercise after work **every day**.

My partner always does exercise after work.

2 They **hardly ever** have a lie-in because they have two small children.

They  because they have two small children.

3 My sister **nearly always** goes on Facebook before she has breakfast.

before she has breakfast.

4 My parents go on holiday **in January and July or only in July**.

My parents .

5 We **occasionally** go clubbing with a big group of friends.

with a big group of friends.

Complete the article with the verb phrases and the adverbs in the box.

always hardly ever nearly always never occasionally  
often sometimes usually

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
<b>eat healthily</b>	✓	✓	✓	✓	✓	✓	✓
<b>go training</b>	✓	✓	✓	✓	✓	✓	
<b>be in bed by 11 p.m.</b>	✓	✓	✓	✓	✓		
<b>chat with friends online</b>	✓		✓		✓		✓
<b>watch videos</b>		✓		✓		✓	
<b>spend time with relatives</b>							✓
<b>have a lie-in</b>							✓
<b>be bored</b>							

## A week in the life of an Olympic athlete

Olympic athletes have to look after their health if they want to be the best. In the morning, they

1 hardly ever have a lie-in because they have a lot of things to do – a sports star

bored! In general, athletes

and they start the day with a big breakfast

with lots of carbohydrates and protein. They

4 have training in the morning

and again in the evening. After training, they

5 watch of other athletes to see how good they are. Olympic athletes don't have a lot of time to see other people, but they

6 see at the weekend – having a meal or catching up on family news. They

7 talk or by phone. Professional athletes need between eight and ten hours sleep every night, so they

8 try to go to bed in bed by 11 p.m.