

# Daily Routine Worksheet

## Part 1: Multiple Choice

Choose the correct option to complete the sentence.

1. Sarah \_\_\_\_\_ early every day to go for a run.
  - a) used to wake
  - b) wakes up
  - c) has woken
  - d) waking
2. Which of the following describes a productive morning routine?
  - a) Watching TV all morning.
  - b) Checking emails while having breakfast.
  - c) Staying in bed until noon.
  - d) Skipping breakfast to save time.
3. "John has been consistent with his daily workout routine." This means:
  - a) John avoids working out.
  - b) John regularly exercises.
  - c) John occasionally exercises.
  - d) John finds it hard to exercise.



## Part 2: Matching Words and Definitions

Match the word on the left to its correct definition on the right.

1. Routine
  2. Habit
  3. Productivity
  4. Ritual
  5. Efficiency
- a) A specific series of actions regularly followed.
  - b) The ability to accomplish a task with minimal waste of time and resources.
  - c) A repeated practice or custom, often symbolic.
  - d) A regular tendency or practice, especially one that's hard to give up.
  - e) The effectiveness of effort in achieving a goal.



### Part 3: Fill in the Blanks

Complete the sentences using the words provided: *organized, consistent, prioritize, adjust, schedule*.

1. To maintain a healthy routine, it's important to \_\_\_\_\_ your tasks for the day.
2. Being \_\_\_\_\_ helps in sticking to a daily routine without much effort.
3. Sarah's routine includes a \_\_\_\_\_ plan for her workouts and study time.
4. If your routine isn't working, it's wise to \_\_\_\_\_ it to suit your needs.
5. Having an \_\_\_\_\_ morning can set the tone for the rest of the day.