c Complete the **You** column in the chart. Then complete the sentences with a verb and an adverb of frequency.

always ✔✔✔✔✔ sometimes ✔✔
usually ✔✔✔✔ hardly ever ✔
often ✔✔✔ never –

	Matt	Becky	You
sleep for eight hours	1 ✔✔✔✔	6 ✔✔	11
be relaxed	2 ✔✔✔✔✔	7 ✔✔✔	12
do sport or exercise	3 ✔✔	8 –	13
eat healthy food	4 ✔✔✔	9 ✔	14
be ill	5 –	10 ✔✔✔✔✔	15

Matt

1 Matt *usually sleeps for eight hours.*
2 He is always _____.
3 He sometimes _____.
4 He _____.
5 _____.

Becky

6 Becky _____
_____.
7 She _____.
8 _____
_____.
9 _____
_____.
10 _____
_____.

You

11 I _____
_____.
12 _____
_____.
13 _____
_____.
14 _____
_____.
15 _____
_____.

LIVEWORKSHEETS