A: I usually **get up** at six to start my day early.
B: That's impressive! I struggle to get out of bed before seven.

A: Have you **put on** your uniform for school yet?
B: Not yet, I'm still deciding which one to wear.

A: I need to **warm up** before my workout.
B: Good idea! A proper warm-up is essential to avoid injuries.

A: Let's **set up** the table for dinner; guests will arrive soon.
B: Alright, I'll grab the plates and cutlery from the kitchen.

A: Can you **look into** the schedule for this week?
B: Sure, I'll check it right now and see if anything has changed.

A: I'll **log in** to the online class now; it starts in five minutes.
B: Great! I'll join you in a moment, just finishing my breakfast.

A: Let's **go over** the presentation one more time before the meeting.
B: Absolutely, I want to make sure we're both on the same page.

A: I think we've **run out of** coffee; I'll need to buy some later.
B: Oh no, that's a disaster! Coffee is essential for me in the morning.

A: Are you **going out** tonight or staying in?
B: I'm not sure yet; it depends on how I feel after work.

A: Could you **pick up** some milk on your way home?
B: Of course, I'll make sure to grab it from the shop.

A: Just **keep going**, you're almost at the finish line!
B: Thanks! I'll push through and not stop now.

A: I plan to **work out** after dinner; I need to stay fit.
B: That sounds good! I might join you if I have the energy.

LIVEWORKSHEETS

A: I'm trying to **give up** sugar in my coffee.
B: That's a healthy choice — good for you!

A: Can you **turn on** the lights? It's getting quite dark in here.
B: Sure, I'll do that right away; it's hard to see anything.

A: I need to **carry out** my tasks before the deadline arrives.
B: Let's prioritise them and make sure everything gets done on time.

A: Can you **take down** his phone number for me?
B: Sure, go ahead — I've got a pen ready.

A: I'll **get back to** you once I have more information on the project.
B: That sounds perfect; I look forward to hearing from you.



1. prepare body for exercise ___warm up___
2. rise from bed after sleeping ___get up___
3. leave a room or building ___go out___
4. continue in the same way as before ___keep going___
5. exercise to improve your strength/appearance ___work out___

1. finish/use all of something, so that there is none left ___run out of___
2. study or explain something ___go over smth___
3. go through the procedures to begin using a computer ___log in (to smth)___
4. examine or look at something in a detailed way ___look into smth___
5. start doing something again ___get back to smth___

1. collect, or to go and get something ___pick smth up___
2. prepare something for use ___set (smth) up___
3. cover part of the body with clothes/shoes/make-up ___put smth on___
4. start the operation by means of a tap or button ___turn smth on___
5. stop doing or using something ___give up smth___
6. write down spoken words ___take smth down___
7. perform a task ___carry out smth___

LIVEWORKSHEETS

put on	carry out	set up	turn on	take down
look into	run out of	go over	pick up	log in

_____	the test the instructions the schedule	_____	a quick snack the documents some milk	_____	the schedule the issue the complaint
_____	the laptop the lights the fan	_____	the clothes the uniform my hoodie	_____	to the system to the work account to the website
_____	the coffee machine the new phone my workspace	_____	the plan my tasks a boiler installation		
_____	the orders the message the notes	_____	coffee sugar printer paper		

LIVEWORKSHEETS

A: I always _____ before my workout to avoid injuries.
B: That's smart; I should start doing that as well.

A: I need to _____ a schedule for my workouts this week.
B: That sounds smart; a routine will help you stay on track.

A: Could you help me _____ my jacket before we head out?
B: Of course, let me just zip it up for you.

A: Have you managed to _____ to your account for the meeting?
B: Not yet, I think I forgot my password again.

A: Let's _____ the plan for the day before we leave.
B: Good thinking! It's always better to have a clear idea of what we're doing.

A: Can you _____ the dry cleaning on your way home?
B: Of course, I'll make sure to grab it before I get back.

A: Are we still planning to _____ for dinner later?
B: Yes, I'm looking forward to it; it'll be nice to unwind.

A: We need to _____ a few tests before launching the app.
B: No problem, I'll get started right away.

A: I've _____ milk. Could you pick some up on your way home?
B: Of course, I'll grab a couple of cartons.

- put on
- warm up
- set up
- log in
- go over
- run out of
- go out
- carry out
- pick up
- give up

A: I think I might _____ trying to wake up early for the gym.
B: Don't do that! Just find a routine that works for you.



LIVEWORKSHEETS

MIND MAP



Morning routine

Create a mind map of your daily routine. Include at least 10 phrasal verbs from the list. Organise your ideas into parts of the day and activities. Be ready to present your story at the next lesson and tell your partner about your daily life.

Useful phrasal verbs:

- get up
- put on
- warm up
- set up
- log in
- look into
- go over
- run out of
- go out
- pick up
- keep going
- give up
- work out
- get back to
- carry out
- turn on
- take down



Work/school tasks

A day in my life

Exercise or hobbies





After work/school

Evening/ending the day



LIVEWORKSHEETS