

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.

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

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			



A: I always _____ before my workout to avoid injuries.

B: That's smart; I should start doing that as well.

A: Could you help me _____ my jacket before we head out?

B: Of course, let me just zip it up for you.

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: Are we still planning to _____ for dinner later?

B: Yes, I'm looking forward to it; it'll be nice to unwind.

A: I've _____ milk. Could you pick some up on your way home?

B: Of course, I'll grab a couple of cartons.

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.

A: I need to _____ a schedule for my workouts this week.

B: That sounds smart; a routine will help you stay on track.

A: Have you managed to _____ to your account for the meeting?

B: Not yet, I think I forgot my password again.

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: We need to _____ a few tests before launching the app.

B: No problem, I'll get started right away.

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



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

A day in my life

Work/school tasks



Exercise or hobbies



After work/school



Evening/ending the day

