

Talking About Habits and Routines

eat

work

play

drink

go (to)

do

get up

brush

every day

every week

every month

every year

often	almost always	from (9:00) to (5:00)	on weekdays
sometimes	frequently	at (11:00)	on weekends
rarely	usually	always	on (Mondays)

seldom

never

once a (day)

twice a (week)

(three) times a (month)

daily

weekly

monthly

yearly