

### Possible questions:

- What do you do on a normal day?
- Tell me about your daily routine.
- What is a typical day for you?
- What do you do on a typical weekend?
- When you finish work, what do you do on Friday afternoons?

### Adverbs and expressions of frequency:

- Always - Once /uans/ (a) day/week/month/...
- Usually - Twice /tuais/ (a) day/week/month/...
- Often - Every day/week/Thursday/weekend
- Sometimes
- Hardly ever
- Never

## Daily routine

### Useful verbs:

- Get up/wake up
- Have...a shower/a shave/breakfast/lunch/dinner/a break/a nap/
- Leave home/work
- Get work/home
- Spend (eight hours at work)
- Have a lie-in (sleep late)
- Go to (the gym)
- Get dressed/put on (my uniform)/take off (my uniform)
- Start/finish work
- Go to bed
- Take (the dog out for a walk)
- Fall asleep

### Prepositions:

**In:** the morning/the afternoon/the evening/  
**On:** Monday/Tuesday/...  
**At:** night/work/home/the weekend  
**By:** car

### VOCAB:

- Breakfast: cereals/White-black coffee/pastry (-ies)/juice(/llu:s/)
- Lunch: salad/fish/a steak (/steik/)
- Attend the morning/evening colours
- Watch TV
- Do homework
- Prepare breakfast/lunch/dinner
- Go shopping
- Go for a walk
- Meet friends
- On weekdays
- At the weekend