

English Grammar: Adverbs of Frequency

(How often do you?)

Maximum:	always, constantly nearly always usually, normally, mostly, generally, commonly, regularly often, frequently sometimes, occasionally rarely, infrequently, seldom almost never
Minimum:	never

1) Adverbs of frequency are used **before** the main verb.

Examples: I **always** do my homework.
Peter **often** goes to the park with his friends.
She **sometimes** goes to the cinema with Fred.
They **never** eat sushi.
Anne doesn't **usually** smoke.
John **always** arrives late.

2) Adverbs of frequency are used **after** the verb "to be".

Examples: I am **never** late.
They are **always** noisy.
He is **sometimes** rude.
John is **always** funny.

3) For regular events, we can use expressions. They are used at **the end of the sentence**.

every day, every week, every month, every year, etc. every two months, every three weeks, etc. once a day, twice a day, three times a day, etc. once a week, twice a week, three times a week, etc. once a month, twice a month, three times a month, etc. once a year, twice a year, three times a year, etc. many times a day, many times a week, etc.
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Examples: I buy a newspaper **every day**.
I pay my rent **every month**.
I have English class **once a week**.
I go to the gym **twice a week**.
We travel to Europe **three times a year**.

We can also use these adverbs:

hourly
daily
weekly
monthly
annually

Exercise. Answer the questions using complete sentences.

Examples: Question: **How often** do you go to the park?
Answer: I **sometimes** go to the park. / I go to the park **once a week**.

Question: **How often** are you late?
Answer: I am **never** late. / I am late **every day**.

1. How often do you go to the gym? _____

2. How often do you drink coffee? _____

3. How often do you eat chocolate? _____

4. How often do you travel abroad? _____

5. How often do you go to the beach? _____

6. How often do you drink water? _____

7. How often do you go out for dinner? _____

8. How often are you in a bad mood? _____

9. How often are you sick? _____

10. How often are you late for work? _____