



Daily Routine

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Common Questions About Daily Routines

- What time do you wake up? – Asking about someone's waking time.
- What time do you wake up every day?"
- What do you usually do in the morning? – Asking about morning habits.
- "What do you usually do in the morning before work?"
- How do you spend your evenings? – Asking about activities in the evening.
- "How do you spend your evenings after work?"
- When do you have lunch? – Asking about the lunchtime.
- "When do you usually have lunch?"
- Do you exercise regularly? – Asking about fitness routines.
- What time do you go to bed? – Asking about bedtime.
- "What time do you go to bed on weekdays?"
- Do you have any hobbies? – Asking about free time activities.
- "Do you have any hobbies you do every day?"
- How long does it take you to get to work? – Asking about commuting time.
- "How long does it take you to get to work?"
- Do you take a nap during the day? – Asking about daytime resting habits.
- What's the first thing you do when you wake up? – Asking about morning routines.



General Phrases for Talking About Daily Routine

I wake up at...

Example: I wake up at 7 AM every day.

I get up at...

Example: I get up at 6:30 in the morning.

I start my day by...

Example: I start my day by having a cup of coffee.

I have breakfast/lunch/dinner at...

Example: I have breakfast at 8 AM and lunch at 1 PM.

I go to work/school at...

Example: I go to work at 9:00 AM.

I leave the house at...

Example: I leave the house at 8:00 AM to catch the bus.

I finish work/school at...

Example: I finish work at 5:30 PM.

I return home at...

Example: I return home around 6:30 PM.

I spend my evening...

Example: I spend my evening relaxing and watching TV.

I go to bed at...

Example: I usually go to bed around 10:30 PM.

I usually... / I typically... / I normally...

Example: I normally take a shower in the morning.

Time Expressions to Describe Routines:

In the morning

Example: I usually drink coffee in the morning.

In the afternoon

Example: I work on my projects in the afternoon.

In the evening

Example: In the evening, I like to go for a walk.

At night

Example: At night, I relax and watch TV.

Every day

Example: I wake up early every day.

On weekdays

Example: On weekdays, I go to the gym after work.

On weekends

Example: On weekends, I like to sleep in a little bit.

Once a week

Example: I go grocery shopping once a week.

Twice a month

Example: I visit my grandparents twice a month.

Common verbs for Daily Routines

Wake up

Example: I wake up at 7:00 AM every day.

Get up

Example: I get up as soon as my alarm rings.

Have breakfast/lunch/dinner

Example: I have lunch at 1:00 PM.

Brush my teeth

Example: After breakfast, I brush my teeth.

Take a shower

Example: I take a shower in the morning before work.

Get dressed

Example: I get dressed quickly before leaving for work.

Go to work/school

Example: I go to work by bus every day.

Leave the house

Example: I leave the house at 8 AM to avoid the traffic.

Take the bus/train

Example: I take the bus to work every day.

Work

Example: I work from 9 AM to 5 PM.

Study

Example: I study for two hours every evening.

Cook

Example: I cook dinner at home every evening.

Relax

Example: After work, I like to relax and watch movies.

Go to bed

Example: I go to bed around 10 PM during the week.



Phrases to Express Frequency

I always...

Example: I always drink coffee in the morning.

I usually...

Example: I usually exercise after work.

I often...

Example: I often take a walk in the evening.

I sometimes...

Example: I sometimes eat out for lunch on weekends.

I rarely...

Example: I rarely sleep in on weekdays.

I never...

Example: I never skip breakfast.



Phrasal Verbs for Daily Routines

Wake up

Example: I wake up at 7 AM every morning.

Get up

Example: I get up at 8:30 and make myself breakfast.

Go to bed

Example: I usually go to bed at around 10 PM.

Set the alarm

Example: I set the alarm for 6:30 AM so I can wake up on time.

Sleep in

Example: On weekends, I like to sleep in until 9 or 10 AM.

Turn off the alarm

Example: I turn off the alarm and get out of bed immediately.

Catch the bus

Example: I catch the bus to work every morning at 8:00 AM.

Run errands

Example: I run errands on Saturdays, like buying groceries and going to the bank.

Chill out

Example: After a long day, I just chill out and listen to music.



Expressing Preferences or Habits

I prefer to...

Example: I prefer to wake up early and start my day with exercise.

I'm used to...

Example: I'm used to getting up early for work every day.

I like to...

Example: I like to have a cup of tea before starting my day.

I don't mind...

Example: I don't mind going to the gym in the evening if I'm not too tired.

I enjoy...

Example: I enjoy reading before going to bed.





Thank You