

# **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?" →
$lue{}$ What do you usually do in the morning? – Asking about morning habits.
$\square$ "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. * — * — ( )
$\Box$ What time do you go to bed? – Asking about bedtime.
lacksquare "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?"
$lue{}$ 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.** 

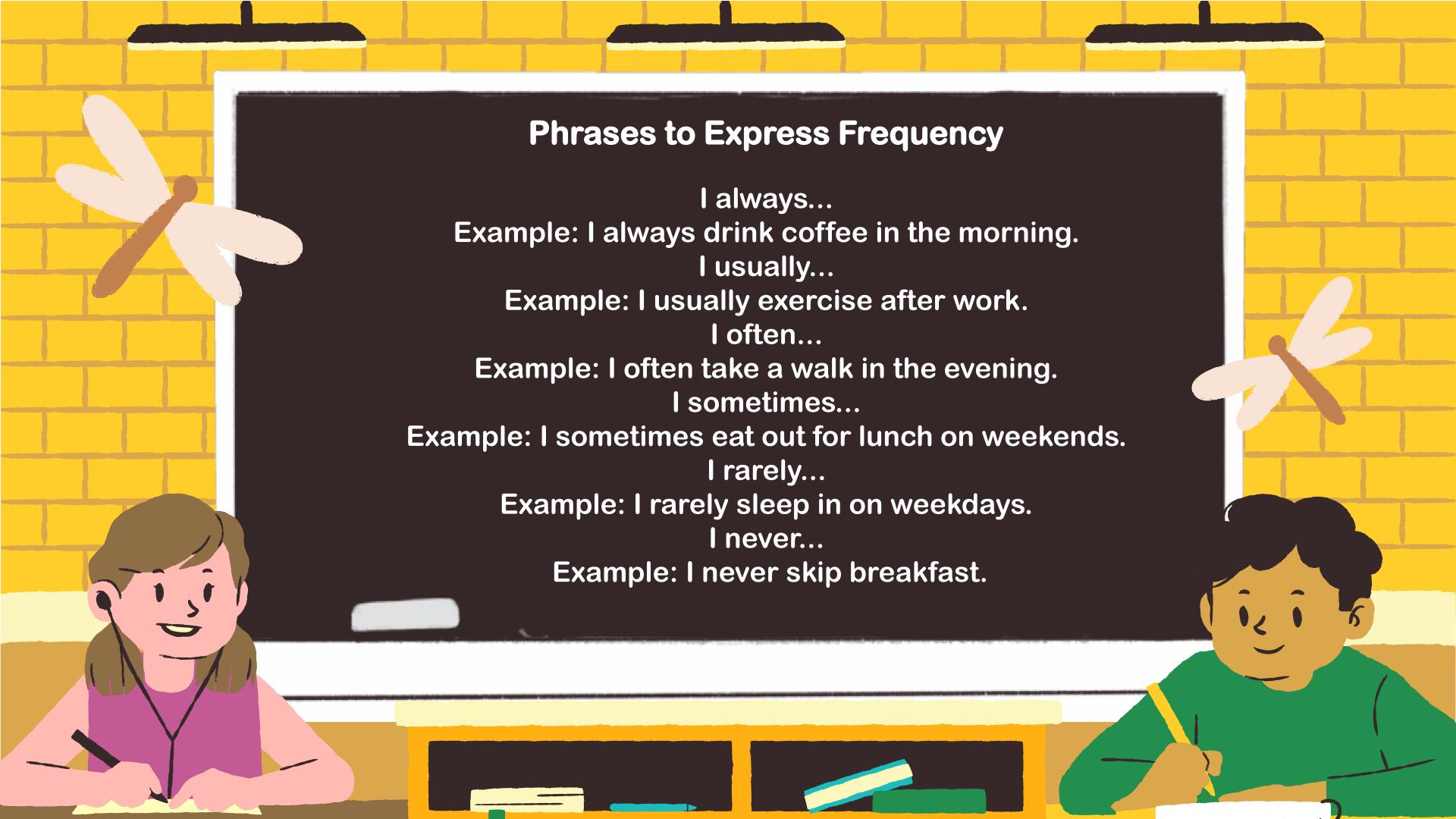
Relax

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

Go to bed

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





## **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**

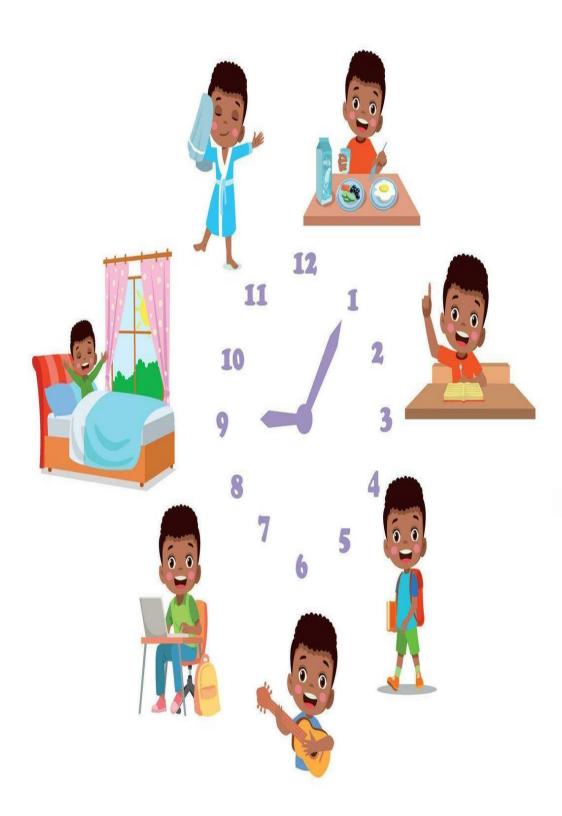
Example: I catch the bus to work every morning at 8:00 AM.

#### **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.







