

# HOW OFTEN do you exercise? (1)

*This sheet deals with how many times a day/week/month/year that you do something.*

## **How Often do you + Verb**

ex.) How often do you exercise? I exercise 5 times a week.

(This means that I exercise 5 days every week)

\*Or you can say → I exercise everyday.

*\*If you don't do this action, you can say: I **never** (exercise).*

*\*\*When you want to say 1 time- we say: **once** ; 2 times- we say: **twice***

*\*\*\*When you want to say that you do something once in 2 or 3 months:*

*We say: ...once **every** 4 years.*

ex.) How often are the Olympics? They are once **every** 4 years.

*Write about how often you do these things:*

How often do you:

ex.) (exercise) I exercise 5 times a week.

1. (take baths) \_\_\_\_\_
2. (brush your teeth) \_\_\_\_\_
3. (clean your room) \_\_\_\_\_
4. (exercise) \_\_\_\_\_
5. (drink coffee) \_\_\_\_\_
6. (get a haircut) \_\_\_\_\_
7. (go fishing) \_\_\_\_\_
8. (go to the movies) \_\_\_\_\_
9. (drive a car) \_\_\_\_\_
10. (do net shopping) \_\_\_\_\_

*Write about **how often** these events are:*

(Summer Olympics) The Summer Olympics is once every 4 years.

1. (soccer World Cup) \_\_\_\_\_
2. (Christmas) \_\_\_\_\_
3. (a full moon) \_\_\_\_\_
4. (Winter Olympics) \_\_\_\_\_
5. (your favorite show on TV) \_\_\_\_\_
6. (the US presidential election) \_\_\_\_\_
7. (elections in your country) \_\_\_\_\_