

ADVERBS of FREQUENCY

- How can you use **adverbs of frequency**? Study the grammar reference chart below.

● always	100%	I always watch TV in the evening.
● almost always	95%	She almost always eats breakfast.
● usually	75%	Michael usually gets up late on weekends.
● often	50%	I often do exercise in the morning.
● sometimes	25%	They sometimes go to a coffee shop in their free time.
● seldom ● rarely ● hardly ever	5%	I seldom see him. I rarely see him. I hardly ever see him.
● never	0%	He never comes to class late.

NOTE 1: Adverbs usually come just before the verb they describe. When placed at the beginning of a sentence, they add emphasis to how often the verb is

Example:

"Why did Michael get up early on Saturday? **Usually**, he gets up late on weekends."

NOTE 2: In a sentence with a 'be' verb, the adverb of frequency comes after the 'be' verb.

Example:

"They are **usually** tired after work."