

ADVERBS OF FREQUENCY

| % | Adverb of Frequency | Example |
|-------------|-----------------------------|--------------------------------|
| 100% | Always | I always study after class |
| 90% | Usually | I usually walk to work |
| 80% | Normally / Generally | I normally get good marks |
| 70% | Often / Frequently | I often read in bed at night |
| 50% | Sometimes | I sometimes sing in the shower |
| 30% | Occasionally | I occasionally go to bed late |
| 10% | Seldom | I seldom put salt on my food |
| 5% | Hardly ever / Rarely | I hardly ever get angry |
| 0% | Never | Vegetarians never eat meat |

Subject + Adverb + Main Verb
Daniel always passes his exams.

Subject + BE + Adverb
He is always happy.