

Adverbs of frequency show how often something is done, from something done very frequently (“always”) to something not done at all (“never”).

See also:
Forming questions 34

102.1 ADVERBS OF FREQUENCY



These are used for things that happen all or a lot of the time.

I { **always**
nearly always
very often
usually
often
frequently } take a shower in the morning. 

These are used for things that happen some of the time.

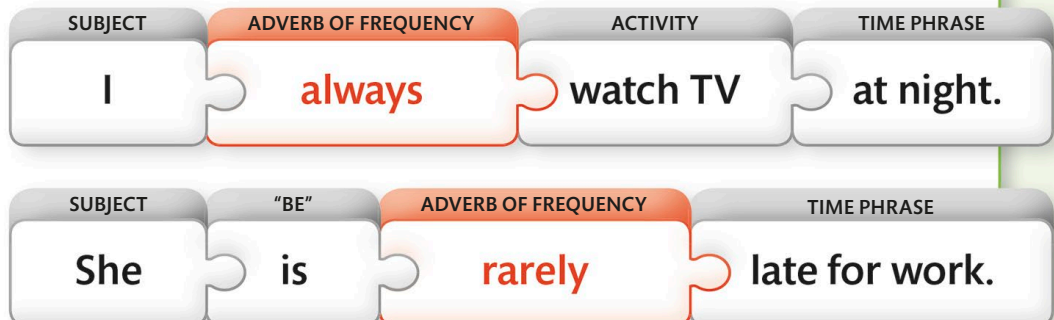
I { **regularly**
sometimes
occasionally } cycle to work. 

These are used for things that happen very few times, or not at all.

I { **rarely**
hardly ever
almost never
never } eat dinner after 10pm. 

HOW TO FORM

Adverbs of frequency usually go between the subject and the main verb. The time phrase usually goes at the end of the sentence.



102.2 ADVERBS AND EXPRESSIONS OF FREQUENCY

Frequency can also be described with more precise expressions. Unlike adverbs of frequency, these must sit at the end of a phrase.



The adverb of frequency usually goes before the verb.

I { **often**
regularly
hardly ever } go running.

Precise frequency expressions usually go at the end of a phrase.

I go running { **five times a week.**
every Tuesday.
once a year. }

102.3 QUESTIONS ABOUT FREQUENCY

"How often" is used to ask about how often someone does an activity.

"When" is used to ask about the day or time it is done.

How often do you go away?



I usually go away once a year.

When do you go running?



I go on Thursday nights.

FURTHER EXAMPLES

How often do you go to the beach?



Not very often.

How often do you see your friends?



All the time.

When do you go to the gym?



On Tuesdays and Fridays.

When does your family eat dinner?



At 6pm every evening.