



Lesson 05: Daily schedule

Warm-up questions:

1. What is your daily schedule like?
2. What is your ideal lifestyle? Do you prefer a fast, busy schedule or a slow, relaxed schedule?
3. What do you usually do on weekends? What are you doing this weekend?

Patterns(Frequency): How often.... Review

Always, Often, Usually, Sometimes, Rarely, Never

How often do you (do) something?

I **always** (do) something (in the morning).

I **sometimes** (do) something (when...).

I **never** (do) something(on Sunday).

I (do) something (once/twice a day/a week/a month).

I (do) something (three/four/five times a day/a week/a month).

These days/Immediate future: am/is/are + -ing

(Now) What are you doing? I am studying English.

(These days) What are you doing these days? I am studying English.

(Future) What are you doing tonight? I am studying English tonight.

Daily Activity Statistics

Source: U.S. Department of Labor

Date Verified: 2.6.2012

Activity	Average Hours / Day	Men	Women
Personal Care	9.47	9.25	9.67
Sleeping	8.67	8.56	8.76
Eating and Drinking	1.25	1.29	1.21
Household Activities	1.79	1.42	2.14
Housework	0.57	0.26	0.87
Food Prep and Cleanup	0.56	0.32	0.79
Lawn and Garden Care	0.21	0.31	0.12
Household Management	0.12	0.1	0.15
Purchasing Goods and Services	0.75	0.62	0.86
Consumer Goods Purchases	0.37	0.3	0.44
Prof and Personal Care Services	0.08	0.06	0.1
Caring for Household Members	0.51	0.33	0.67
Caring for Household Children	0.4	0.26	0.54
Caring for Non-Household Members	0.21	0.19	0.23
Caring for Non-Household Adults	0.08	0.08	0.08

Activity	Average Hours / Day	Men	Women
Working and Work Related	8.1	8.69	7.54
Working	7.2	7.65	6.66
Educational Activities	0.47	0.47	0.48
Attending Class	0.28	0.3	0.26
Homework and Research	0.16	0.13	0.18
Organizational/Religious Activities	0.35	0.3	0.4
Religious and Spiritual Activities	0.16	0.13	0.18
Volunteering	0.15	0.13	0.18
Leisure and Sports	5.18	5.57	4.82
Socializing and Communication	0.7	0.68	0.73
Watching Television	2.73	2.94	2.53
Participation in Sports/Exercise	0.31	0.42	0.2
Telephone Calls, Mail, E-mail	0.18	0.13	0.21
Other	0.35	0.33	0.36

What activities do you do from the chart? Is there an activity you don't do?

How do you usually spend your day?

How do you usually spend your weekend?

What do you usually do on vacations?

What do you usually do when you meet your friends?

What do you usually do when you are tired?

What are you doing these days?

What are you doing this weekend?

What new hobbies do you want to try in the future?