| I eat breakfast every day. | I always eat breakfast. |
| :--- | :--- |
| I eat breakfast 5 days a week. | I usually eat breakfast. |
| I eat breakfast 4 days a week. | I often eat breakfast. |
| I eat breakfast 3 days a week. | I sometimes eat breakfast |
| I eat breakfast one time a month. | I seldom eat breakfast. <br> I rarely eat breakfast. |
| I do not eat breakfast. | I never eat breakfast. |


| 1. | How often do you go hiking? <br> (seldom) |  |
| :---: | :--- | :--- |
| 2. | How often do you drive to Las Vegas? <br> (sometimes) |  |
| 3. | How often do you shop at the mall? <br> (often) |  |
| 4. | How often do you read Facebook? <br> (seldom) |  |
| 5. | How often do you eat breakfast? <br> (always) |  |
| 6. | How often do you play golf? <br> (often) |  |
| 7. | How often do you take your children to <br> school? <br> (usually) |  |
| 8. | How often do you eat pork chops? <br> (never) |  |
| 9. | How often are you at Starbucks? <br> (sometimes) |  |


|  |  |  |
| :---: | :--- | :--- |
| 10. | How often is it cloudy in California? <br> (seldom) |  |
| 11. | How often is the President in Washington? <br> (always) |  |
| 12. | How often are the birds at the park? <br> (usually) (in the morning) |  |
| 13. | How often are the freeways crowded? <br> (always) |  |

