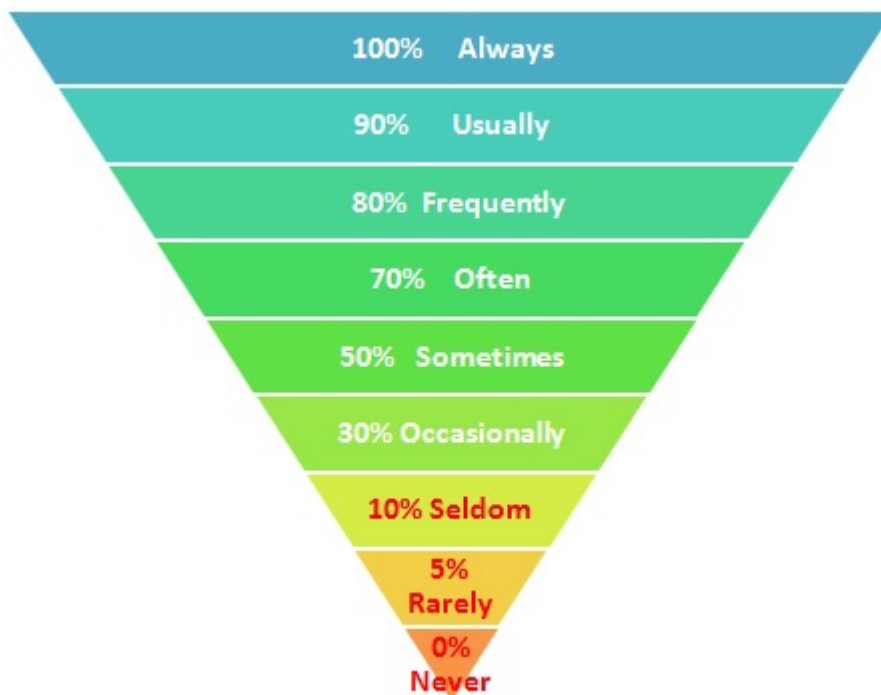


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**Adverbs of frequency** are used to describe *how often* something happens. Adverbs of frequency can be useful when you talk about your routine. You can show how often you do certain things and understand how often other people do things.

The most commonly used adverbs of frequency are:



via <http://www.studyin-uk.com/study-guide/ielts-tips-adverbs-frequency-ielts-essays/>

## When to use adverbs of frequency

Adverbs of frequency are often used to indicate routine or repeated activities, so they are often used with the [Present Simple](#) tense.

- *I **always** get up at 7.00 am.*

- I **usually** make toast and coffee for breakfast.
- I **often** have two cups of coffee.
- I **sometimes** drive to work.
- I **hardly ever** ride my bike to work.
- I **never** walk!

## Position of adverbs of frequency

### Present Simple (most verbs)

1. Most of the time, adverbs of frequency come **before** the [main verb](#):

- I **always** get up at 7.00 am. (NOT: ~~I get up always at 7.00 am.~~)
- I **sometimes** drive to work.
- (NOT: ~~I drive sometimes to work.~~)

2. In negative sentences, they come after the [auxiliary verb](#):

- I don't **usually** ride my bike to work.

3. In questions, the word order is the following (before the main verb):

- What do you **usually** make for breakfast?
- How do you **usually** get to work?

### Present Simple - the verb 'to be'

1. With the verb '[to be](#)', adverbs of frequency come **after** it:

- It is **sometimes** cold at 7.00 am.
- I am **usually** a bit sleepy in the morning.
- I am **never** late for work.
- It is **sometimes** cold at 7.00 am. (NOT: ~~It sometimes is cold at 7.00 am.~~)
- I am **never** late for work. (NOT: ~~I never am late for work.~~)

2. In negative sentences, adverbs of frequency come after 'not':

- I'm not **usually** very awake in the morning.

3. In questions, we put adverbs of frequency after the subject:

- *Is it **usually** cold in the morning?*
- *Are you **sometimes** late for work?*

## Adverbs of definite frequency

Some adverbs describe definite frequency. With words like 'daily' or 'hourly' we know exactly how often something happens.

These adverbs of frequency typically go in **end** position in a sentence.

- *Most companies pay taxes **yearly**.*
- *The manager checks the toilets **hourly**.*

Sometimes, when we need to emphasize it, we may use some adverbs of frequency at the front:

- ***Yearly**, thousands of people come to Britain in order to improve their English.*

Here's a good video from mmmEnglish explaining how to use different adverbs of frequency to talk about daily routine:

See also:

[Position of Adverbs in a Sentence](#)

[Adverbial Phrases of Time and Frequency](#)