## Adverbs of Frequency Quiz Macq’s

**Instructions:** Select the correct adverb of frequency (e.g., always, never, usually, often, sometimes, etc.) for each sentence below.

Here's a list of 100 multiple-choice questions (MCQs) on adverbs of frequency. The answers will be provided on the next page.

1. She \_\_\_\_\_\_\_\_\_\_ watches TV after dinner.

 a) never

 b) always

 c) sometimes

 d) rarely

2. They \_\_\_\_\_\_\_\_\_\_ play soccer on weekends.

 a) usually

 b) often

 c) seldom

 d) never

3. I \_\_\_\_\_\_\_\_\_\_ eat fast food because it's unhealthy.

 a) never

 b) rarely

 c) occasionally

 d) always

4. We \_\_\_\_\_\_\_\_\_\_ go to the gym before work.

 a) often

 b) seldom

 c) usually

 d) rarely

5. He \_\_\_\_\_\_\_\_\_\_ forgets his keys.

 a) sometimes

 b) never

 c) always

 d) occasionally

6. She \_\_\_\_\_\_\_\_\_\_ calls her parents every day.

 a) never

 b) always

 c) sometimes

 d) often

7. They \_\_\_\_\_\_\_\_\_\_ travel during the summer.

 a) seldom

 b) rarely

 c) usually

 d) always

8. I \_\_\_\_\_\_\_\_\_\_ read books in my free time.

 a) never

 b) rarely

 c) always

 d) occasionally

9. We \_\_\_\_\_\_\_\_\_\_ stay up late during weekends.

 a) often

 b) seldom

 c) always

 d) never

10. He \_\_\_\_\_\_\_\_\_\_ arrives late to meetings.

 a) sometimes

 b) always

 c) never

 d) often

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11. She \_\_\_\_\_\_\_\_\_\_ finishes her homework before dinner.

 a) rarely

 b) always

 c) never

 d) often

12. They \_\_\_\_\_\_\_\_\_\_ walk to school when it's sunny.

 a) always

 b) never

 c) sometimes

 d) seldom

13. I \_\_\_\_\_\_\_\_\_\_ drink coffee in the morning.

 a) never

 b) always

 c) sometimes

 d) rarely

14. We \_\_\_\_\_\_\_\_\_\_ see them at the library.

 a) seldom

 b) never

 c) always

 d) occasionally

15. He \_\_\_\_\_\_\_\_\_\_ forgets important dates.

 a) often

 b) never

 c) always

 d) seldom

16. She \_\_\_\_\_\_\_\_\_\_ exercises in the evening.

 a) always

 b) never

 c) sometimes

 d) rarely

17. They \_\_\_\_\_\_\_\_\_\_ go camping during holidays.

 a) usually

 b) never

 c) occasionally

 d) always

18. I \_\_\_\_\_\_\_\_\_\_ eat dessert after dinner.

 a) rarely

 b) always

 c) never

 d) sometimes

19. We \_\_\_\_\_\_\_\_\_\_ go for a walk in the park.

 a) seldom

 b) never

 c) often

 d) occasionally

20. He \_\_\_\_\_\_\_\_\_\_ reads the newspaper in the morning.

 a) never

 b) sometimes

 c) always

 d) rarely

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21. She \_\_\_\_\_\_\_\_\_\_ skips breakfast.

 a) always

 b) never

 c) sometimes

 d) often

22. They \_\_\_\_\_\_\_\_\_\_ visit their grandparents on weekends.

 a) always

 b) never

 c) sometimes

 d) rarely

23. I \_\_\_\_\_\_\_\_\_\_ watch movies on Friday nights.

 a) never

 b) always

 c) often

 d) rarely

24. We \_\_\_\_\_\_\_\_\_\_ eat out on weekends.

 a) sometimes

 b) never

 c) always

 d) seldom

25. He \_\_\_\_\_\_\_\_\_\_ forgets to turn off the lights.

 a) never

 b) always

 c) sometimes

 d) rarely

26. She \_\_\_\_\_\_\_\_\_\_ takes a nap after lunch.

 a) seldom

 b) often

 c) always

 d) never

27. They \_\_\_\_\_\_\_\_\_\_ go to the beach during summer.

 a) never

 b) always

 c) often

 d) occasionally

28. I \_\_\_\_\_\_\_\_\_\_ read magazines when traveling.

 a) rarely

 b) always

 c) never

 d) sometimes

29. We \_\_\_\_\_\_\_\_\_\_ meet for coffee after work.

 a) seldom

 b) never

 c) often

 d) sometimes

30. He \_\_\_\_\_\_\_\_\_\_ finishes his projects on time.

 a) never

 b) always

 c) sometimes

 d) often

---

31. She \_\_\_\_\_\_\_\_\_\_ checks her email before bed.

 a) never

 b) always

 c) sometimes

 d) rarely

32. They \_\_\_\_\_\_\_\_\_\_ go to the movies together.

 a) often

 b) never

 c) sometimes

 d) always

33. I \_\_\_\_\_\_\_\_\_\_ go jogging in the morning.

 a) always

 b) never

 c) sometimes

 d) rarely

34. We \_\_\_\_\_\_\_\_\_\_ travel for work.

 a) never

 b) always

 c) often

 d) sometimes

35. He \_\_\_\_\_\_\_\_\_\_ arrives early for appointments.

 a) never

 b) always

 c) often

 d) rarely

36. She \_\_\_\_\_\_\_\_\_\_ forgets to lock the door.

 a) never

 b) always

 c) sometimes

 d) often

37. They \_\_\_\_\_\_\_\_\_\_ go skiing in the winter.

 a) never

 b) always

 c) often

 d) seldom

38. I \_\_\_\_\_\_\_\_\_\_ watch TV before bed.

 a) never

 b) sometimes

 c) always

 d) often

39. We \_\_\_\_\_\_\_\_\_\_ eat breakfast together as a family.

 a) never

 b) always

 c) sometimes

 d) rarely

40. He \_\_\_\_\_\_\_\_\_\_ takes the bus to work.

 a) never

 b) always

 c) sometimes

 d) rarely

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41. She \_\_\_\_\_\_\_\_\_\_ goes shopping on weekends.

 a) never

 b) always

 c) sometimes

 d) rarely

42. They \_\_\_\_\_\_\_\_\_\_ listen to music while studying.

 a) never

 b) sometimes

 c) always

 d) often

43. I \_\_\_\_\_\_\_\_\_\_ go to bed late on weekdays.

 a) never

 b) sometimes

 c) always

 d) often

44. We \_\_\_\_\_\_\_\_\_\_ visit the museum on holidays.

 a) seldom

 b) never

 c) often

 d) always

45. He \_\_\_\_\_\_\_\_\_\_ takes long walks in the evening.

 a) never

 b) always

 c) sometimes

 d) rarely

46. She \_\_\_\_\_\_\_\_\_\_ checks her phone during meetings.

 a) never

 b) always

 c) sometimes

 d) often

47. They \_\_\_\_\_\_\_\_\_\_ volunteer at the community center.

 a) always

 b) never

 c) sometimes

 d) rarely

48. I \_\_\_\_\_\_\_\_\_\_ go to bed early on weekends.

 a) seldom

 b) always

 c) never

 d) often

49. We \_\_\_\_\_\_\_\_\_\_ clean the house on Sundays.

 a) never

 b) always

 c) sometimes

 d) seldom

50. He \_\_\_\_\_\_\_\_\_\_ forgets to water the plants.

 a) always

 b) never

 c) sometimes

 d) often

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51. She \_\_\_\_\_\_\_\_\_\_ reads a book before sleeping.

 a) sometimes

 b) always

 c) never

 d) rarely

52. They \_\_\_\_\_\_\_\_\_\_ watch the news in the evening.

 a) seldom

 b) never

 c) always

 d) sometimes

53. I \_\_\_\_\_\_\_\_\_\_ go for a bike ride on weekends.

 a) never

 b) always

 c) sometimes

 d) rarely

54. We \_\_\_\_\_\_\_\_\_\_ exercise together in the morning.

 a) always

 b) never

 c) often

 d) rarely

55. He \_\_\_\_\_\_\_\_\_\_ takes a break during work.

 a) never

 b) always

 c) sometimes

 d) rarely

56. She \_\_\_\_\_\_\_\_\_\_ wears her glasses while reading.

 a) always

 b) never

 c) sometimes

 d) often

57. They \_\_\_\_\_\_\_\_\_\_ have lunch at the same café.

 a) always

 b) never

 c) sometimes

 d) seldom

58. I \_\_\_\_\_\_\_\_\_\_ use my phone during meetings.

 a) never

 b) always

 c) sometimes

 d) rarely

59. We \_\_\_\_\_\_\_\_\_\_ plan family trips ahead of time.

 a) always

 b) never

 c) sometimes

 d) often

60. He \_\_\_\_\_\_\_\_\_\_ forgets to reply to emails.

 a) always

 b) never

 c) sometimes

 d) often

---

61. She \_\_\_\_\_\_\_\_\_\_ practices piano in the evening.

 a) always

 b) never

 c) sometimes

 d) often

62. They \_\_\_\_\_\_\_\_\_\_ eat dinner together every night.

 a) never

 b) always

 c) sometimes

 d) often

63. I \_\_\_\_\_\_\_\_\_\_ work late during the week.

 a) sometimes

 b) always

 c) never

 d) often

64. We \_\_\_\_\_\_\_\_\_\_ take the dog for a walk in the morning.

 a) seldom

 b) always

 c) sometimes

 d) never

65. He \_\_\_\_\_\_\_\_\_\_ loses his wallet.

 a) never

 b) always

 c) sometimes

 d) often

66. She \_\_\_\_\_\_\_\_\_\_ buys new clothes each month.

 a) seldom

 b) never

 c) always

 d) sometimes

67. They \_\_\_\_\_\_\_\_\_\_ play video games after school.

 a) always

 b) never

 c) sometimes

 d) often

68. I \_\_\_\_\_\_\_\_\_\_ write in my journal before bed.

 a) never

 b) always

 c) sometimes

 d) often

69. We \_\_\_\_\_\_\_\_\_\_ go to the zoo on holidays.

 a) sometimes

 b) never

 c) always

 d) often

70. He \_\_\_\_\_\_\_\_\_\_ drinks coffee at work.

 a) never

 b) always

 c) sometimes

 d) rarely

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71. She \_\_\_\_\_\_\_\_\_\_ helps her siblings with homework.

 a) always

 b) never

 c) sometimes

 d) rarely

72. They \_\_\_\_\_\_\_\_\_\_ go to the park after school.

 a) never

 b) always

 c) sometimes

 d) often

73. I \_\_\_\_\_\_\_\_\_\_ take the train to work.

 a) always

 b) never

 c) sometimes

 d) rarely

74. We \_\_\_\_\_\_\_\_\_\_ watch TV after dinner.

 a) never

 b) always

 c) sometimes

 d) often

75. He \_\_\_\_\_\_\_\_\_\_ brings lunch from home.

 a) never

 b) always

 c) sometimes

 d) often

76. She \_\_\_\_\_\_\_\_\_\_ sings while driving.

 a) always

 b) never

 c) sometimes

 d) often

77. They \_\_\_\_\_\_\_\_\_\_ go swimming in the summer.

 a) always

 b) never

 c) sometimes

 d) often

78. I \_\_\_\_\_\_\_\_\_\_ take a nap after work.

 a) always

 b) never

 c) sometimes

 d) rarely

79. We \_\_\_\_\_\_\_\_\_\_ bake cookies on special occasions.

 a) never

 b) always

 c) sometimes

 d) rarely

80. He \_\_\_\_\_\_\_\_\_\_ goes hiking on weekends.

 a) never

 b) always

 c) sometimes

 d) often

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81. She \_\_\_\_\_\_\_\_\_\_ reads the newspaper every day.

 a) never

 b) always

 c) sometimes

 d) rarely

82. They \_\_\_\_\_\_\_\_\_\_ stay up late on school nights.

 a) never

 b) always

 c) sometimes

 d) often

83. I \_\_\_\_\_\_\_\_\_\_ drink water with every meal.

 a) never

 b) always

 c) sometimes

 d) often

84. We \_\_\_\_\_\_\_\_\_\_ study together for exams.

 a) never

 b) always

 c) sometimes

 d) often

85. He \_\_\_\_\_\_\_\_\_\_ cleans his room on weekends.

 a) never

 b) always

 c) sometimes

 d) often

86. She \_\_\_\_\_\_\_\_\_\_ cooks dinner for the family.

 a) always

 b) never

 c) sometimes

 d) often

87. They \_\_\_\_\_\_\_\_\_\_ go on vacations during summer break.

 a) always

 b) never

 c) sometimes

 d) often

88. I \_\_\_\_\_\_\_\_\_\_ eat breakfast before leaving for work.

 a) always

 b) never

 c) sometimes

 d) often

89. We \_\_\_\_\_\_\_\_\_\_ take family photos during holidays.

 a) never

 b) always

 c) sometimes

 d) often

90. He \_\_\_\_\_\_\_\_\_\_ waters the garden in the morning.

 a) always

 b) never

 c) sometimes

 d) often

---

91. She \_\_\_\_\_\_\_\_\_\_ does her homework after school.

 a) always

 b) never

 c) sometimes

 d) often

92. They \_\_\_\_\_\_\_\_\_\_ walk to school when it's raining.

 a) never

 b) always

 c) sometimes

 d) rarely

93. I \_\_\_\_\_\_\_\_\_\_ call my friends on weekends.

 a) always

 b) never

 c) sometimes

 d) often

94. We \_\_\_\_\_\_\_\_\_\_ go shopping before holidays.

 a) never

 b) always

 c) sometimes

 d) often

95. He \_\_\_\_\_\_\_\_\_\_ wears a jacket in cold weather.

 a) always

 b) never

 c) sometimes

 d) often

96. She \_\_\_\_\_\_\_\_\_\_ listens to music while cooking.

 a) always

 b) never

 c) sometimes

 d) often

97. They \_\_\_\_\_\_\_\_\_\_ do the dishes after dinner.

 a) always

 b) never

 c) sometimes

 d) often

98. I \_\_\_\_\_\_\_\_\_\_ go to the gym on weekdays.

 a) never

 b) always

 c) sometimes

 d) often

99. We \_\_\_\_\_\_\_\_\_\_ visit friends during the holidays.

 a) always

 b) never

 c) sometimes

 d) often

100. He \_\_\_\_\_\_\_\_\_\_ brings coffee to work every morning.

 a) always

 b) never

 c) sometimes

 d) often

---

### \*\*Answers\*\*

1. b) always

2. a) usually

3. a) never

4. a) often

5. c) always

6. b) always

7. c) usually

8. d) occasionally

9. a) often

10. c) never

11. b) always

12. c) sometimes

13. b) always

14. d) occasionally

15. b) never

16. a) always

17. a) usually

18. d) sometimes

19. c) often

20. c) always

21. b) never

22. a) always

23. c) often

24. a) sometimes

25. a) never

26. b) often

27. b) always

28. d) sometimes

29. d) sometimes

30. b) always

31. b) always

32. a) often

33. a) always

34. c) often

35. b) always

36. a) never

37. d) seldom

38. b) sometimes

39. b) always

40. b) always

41. b) always

42. d) often

43. d) often

44. c) often

45. b) always

46. c) sometimes

47. a) always

48. d) often

49. c) sometimes

50. c) sometimes

51. b) always

52. c) always

53. c) sometimes

54. c) often

55. c) sometimes

56. a) always

57. c) sometimes

58. a) never

59. d) often

60. c) sometimes

61. c) sometimes

62. b) always

63. a) sometimes

64. b) always

65. a) never

66. d) sometimes

67. c) sometimes

68. c) sometimes

69. a) sometimes

70. b) always

71. a) always

72. d) often

73. a) always

74. b) always

75. d) often

76. c) sometimes

77. d) often

78. c) sometimes

79. d) rarely

80. c) sometimes

81. b) always

82. a) never

83. b) always

84. d) often

85. c) sometimes

86. a) always

87. c) sometimes

88. a) always

89. d) often

90. a) always

91. a) always

92. a) never

93. c) sometimes

94. d) often

95. a) always

96. c) sometimes

97. a) always

98. d) often

99. d) often

100. a) always

I hope you find this quiz helpful! Let me know if you need any changes or additions.

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