



**Write six sentences. Use adverbs of frequency, adverbial phrases, and sequence adverbs.**

*Example:*

*I am a busy person. I don't always have time for a workout, but I like staying healthy. This is my routine for a healthy life:*

*First, I eat breakfast and drink lots of water throughout the day. Next, I walk to work. Then, I have a salad for lunch. Finally, I sleep eight hours per night and don't use my phone in bed.*

[illegible]