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Grammar Reference

Adverbs of frequency

Adverbs of frequency are used to show how often we do something or how often things happen.

Here are the adverbs of frequency in order of frequency based on their meaning.

100%				0%
always	usually	often	sometimes	never

For example:

I **always** check my email every day.

He **never** shops online.

Form:

Subject + adverb of frequency + verb + ...

Note: For verb “to be”, the adverb of frequency is placed after the verb “to be”.

Example:

I **am always** late for class on Mondays.

Negative form:

Subject + do/does + not + adverb of frequency + verb (base form) +

...

For example:

David doesn't **usually** play tennis.

Note: For verb “to be”, the adverb of frequency is placed after the negative of verb “to be”.

Example:

David **is not always** late for class on Mondays.

To ask how often someone does something, we use the following question:

Do/Does + subject + ever + verb + ...+?

For example:

Do you **ever** go to the gym?

Yes, I **often** go to the gym.

No, I **never** go to the gym.