

Adverbios de Frecuencia

¿Con qué frecuencia...?

Reference · Grammar Rules · Practice | Level A1+

◆ SECTION 1 — REFERENCE

El Termómetro de la Frecuencia

100% **siempre** — *Always*

90% **casi siempre** — *Almost always*

75% **normalmente** · **generalmente** — *Usually*

50% **a menudo** · **frecuentemente** — *Often*

30% **a veces** · **de vez en cuando** — *Sometimes*

10% **casi nunca** · **rara vez** — *Rarely*

0% **nunca** · **jamás** — *Never*

Position Rule

Frequency adverbs go **before or after** the main verb:

Yo **siempre** hago mis tareas.

Ella come **normalmente** en casa.

The Double Negative

With **nunca / jamás** you have two correct options:

Option 1	Option 2 (double)
Nunca + verb "Nunca viajo en barco."	No + verb + nunca "No viajo nunca en barco."

How to ask:

¿Con qué frecuencia...? *How often...?*

¿Cuántas veces a la semana...? *How many times a week...?*

◆ SECTION 2 — EXERCISES

01 Frequency Detective

Read each description and write the most accurate frequency adverb in the right column. Think in percentages — there may be more than one correct answer, but be ready to justify your choice.

#	Description	Adverb
1.	Carlos goes to the gym every single day without exception.	
2.	Ana eats sushi maybe once or twice a year.	
3.	Pedro wakes up late about half the days of the week.	
4.	Laura never misses her morning coffee — not even one day.	
5.	My sister texts me maybe three or four times a week.	
6.	She watches a film roughly once a month on the weekend.	
7.	He has never eaten mushrooms in his whole life.	
8.	I get headaches maybe once every few months, but it's quite rare.	

02 La Agenda de Sara

Look at Sara's weekly schedule and answer the five questions below with a complete sentence. Pay attention to how often each activity appears across the week.

Activity	Lun	Mar	Mié	Jue	Vie	Sáb	Dom	Total
Hacer ejercicio	✓	✓		✓	✓	✓		5/7
Desayunar en casa	✓	✓	✓	✓	✓			5/7
Ver series			✓		✓	✓	✓	4/7
Cocinar		✓		✓		✓	✓	4/7
Estudiar español	✓	✓	✓	✓	✓			5/7
Salir por la noche					✓	✓		2/7

Answer each question with a full sentence. Use a frequency adverb from Section 1.

1. ¿Con qué frecuencia hace Sara ejercicio?

→

2. ¿Sara desayuna en casa todos los días?

→ _____

3. ¿Con qué frecuencia sale Sara por la noche?

→ _____

4. ¿Cuántas veces a la semana estudia Sara español?

→ _____

5. Compara: ¿Sara cocina más o menos frecuentemente que hace ejercicio?

→ _____

◆ SECTION 3 — YOUR TURN

03 Tu Rutina y la del Profe

Fill in the second column with the frequency adverb that is true for you. Then ask your teacher the same question using **¿Con qué frecuencia...?** and write their answer in the third column.

Activity	My frequency	Teacher's frequency
Dormir ocho horas o más		
Hacer ejercicio		
Comer fuera de casa		
Ver series o películas		
Llegar tarde a alguna cita		
Levantarse antes de las 7:00		

Now write two sentences comparing your routine with your teacher's.

1. _____

2. _____

04 Mis Hábitos

Write 8–10 sentences about your real daily routine and habits. You can include good habits and the ones you'd rather not admit to.

Your paragraph must include:

- ▷ At least **3 different frequency adverbs**
- ▷ **2 irregular verbs** (*acostarse, despertarse, hacer, salir, volver, empezar...*)
- ▷ **1 time expression:** *este mes / esta semana / estos días*
- ▷ 1 use of **SER or ESTAR**
- ▷ 1 question for your teacher using **¿Con qué frecuencia...?**

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