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Mark the Jogger

1. Read about Mark's typical working day:

I usually get up at 6 o'clock and have a shower. Then, I go for an early morning jog in the park. After that, I have a big breakfast and I ride my bicycle to work which usually takes me about half an hour. I start work at 8.30. I never have lunch. I finish work at 5 o'clock. I'm always tired when I get home. I usually cook a meal in the evening and then watch TV. I don't usually go out at night. I go to bed at about 10:30. I always sleep well.

Yesterday was a typical day for Mark. Write what he did or didn't do yesterday. Remember to change the verbs in to the past simple tense.

1. He _____ up at 6 o'clock.
2. He _____ for an early morning jog.
3. He _____ a big breakfast.
4. He _____ his bicycle to work.
5. It _____ him half an hour to get to work.
6. _____ at 8:30.
7. _____ lunch.
8. _____ at 5 o'clock.
9. He _____ tired when he _____ home.
10. _____ at meal yesterday evening.
11. _____ TV.
12. _____ out last night.
13. _____ to bed at 10:30.
14. _____ well last night.



2. What did you do yesterday? Write a short paragraph.
