

## Mark the Runner

Read about Mark's typical day.

I usually get up at 6:00am and take a shower. Then, I go for an early morning run 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 5:00. 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 tense.

1. He \_\_\_\_\_ up at 6:00am.
2. He \_\_\_\_\_ for an early morning run.
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 5:00.
9. He \_\_\_\_\_ tired when he \_\_\_\_\_ home.
10. \_\_\_\_\_ a meal yesterday evening.
11. \_\_\_\_\_ TV.
12. \_\_\_\_\_ out last night.
13. \_\_\_\_\_ to bed at 10:30.
14. \_\_\_\_\_ well last night.

What did your partner do yesterday? Ask them, and write a short paragraph using the past tense.

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