

List of the main daily routine verbs in English

I wake up

I turn off my alarm

I get up

I take (have) a shower

I get dressed

I comb my hair

I prepare breakfast

I have breakfast

I brush my teeth

I go to work

I start working at

I answer emails

I have meetings

I have lunch

I work on my computer

I finish working at

I go home

I arrive (at) home

I feed my pets

I prepare dinner

I have dinner

I watch TV

I read a book

I go to bed

I fall asleep

Useful adverbs to describe a routine:

- Always
- Often
- Usually
- Sometimes
- Occasionally
- Rarely
- Seldom
- Never
- Later
- After
- Soon after
- Then
- In the morning
- In the afternoon
- In the evening

NOTE: in routine description, we always use the present tense.