

100 Adverb of Frequency Examples

- She always remembers to call me on my birthday.
- I often visit the museum during weekends.
- They rarely eat out on weekdays.
- He usually takes his dog for a walk in the evening.
- We sometimes go to the beach for summer vacations.
- She seldom misses her morning workout routine.
- You frequently talk in your sleep.
- He constantly checks his emails during work.
- She occasionally indulges in a piece of chocolate.
- They periodically hold meetings to review performance.
- The cat almost always sleeps in the afternoon.
- He regularly attends yoga classes on Saturday.
- We hardly ever watch TV anymore.
- She never forgets to water the plants.
- They habitually leave the lights on.
- I repeatedly told him not to touch my books.
- She infrequently buys new clothes.
- The bus normally arrives at 8 am.
- I routinely read a book before bed.
- He consistently delivers top-notch work.

- Birds customarily migrate during this season.
- The shop rarely ever offers discounts.
- She sporadically donates to charity.
- We typically have dinner at 7 pm.
- He incessantly talks about his adventures.
- The alarm unfailingly rings at 5 am.
- She mostly reads fiction novels.
- I continually find her notes in my books.
- The sun always rises in the east.
- We often forget how beautiful nature is.
- She seldom wears makeup.
- I regularly donate blood.
- The teacher constantly emphasizes the importance of hard work.
- She occasionally skips breakfast.
- The train usually runs on time.
- They periodically switch off their phones to detox.
- I rarely drink soda.
- He habitually grinds his teeth at night.
- The birds consistently gather around the feeder.
- They sometimes cancel the class if it rains.
- She often brings cookies to the office.
- I never miss an episode of my favorite show.
- He always ties his shoes in a double knot.
- The mail typically arrives in the afternoon.
- She rarely complains about her job.
- We frequently visit our grandparents during the holidays.
- He seldom drinks coffee after 5 pm.

- The computer automatically updates software.
- She sporadically wears glasses when reading.
- We usually take a walk after dinner.
- He constantly fidgets when he's nervous.
- The event annually attracts thousands.
- They regularly hold concerts in the park.
- She sometimes forgets where she left her keys.
- Birds normally sing in the morning.
- We occasionally order pizza on Fridays.
- He rarely uses social media.
- The clock unfailingly chimes every hour.
- We often underestimate our potential.
- She repeatedly checks her reflection in the mirror.
- The tree seasonally sheds its leaves.
- I usually have tea in the evening.
- He seldom takes a day off.
- The festival is biennially celebrated.
- They never argue in public.
- She constantly hums while working.
- We periodically clean the garage.
- The moon generally rises at night.
- He regularly volunteers at the local shelter.
- She occasionally dyes her hair.
- I rarely eat spicy food.
- The play is annually performed in the theater.
- They always rely on facts.
- I sometimes meditate in the morning.

- He usually jogs in the park.
- We frequently have family gatherings.
- The phone automatically switches to silent mode in meetings.
- She seldom eats junk food.
- They regularly practice their musical instruments.
- I consistently choose the same flavor of ice cream.
- He rarely ever forgets a face.
- The newsletter is quarterly distributed.
- We typically avoid crowded places.
- The flowers seasonally bloom.
- He never neglects his duties.
- We often share memories from our childhood.
- She always brings a gift when visiting.
- I occasionally indulge in a day off.
- He seldom oversleeps.
- The bills automatically get deducted from my account.
- We periodically take breaks during work.
- She consistently maintains a journal.
- The stars usually shine at night.
- They often discuss their future plans.
- I never go to bed angry.
- She always thanks everyone.
- The conference is biannually organized.
- We sometimes forget the power of gratitude.
- He usually finishes work by 6 pm.