



ROUTINE

Ask and answer these questions



Items		Ме	My Friend
1. I always	(100%)		
2. I usually	(90%)		
3. I normally	(80%)		
4. I often	(70%)		
5. I sometimes	(50%)		
6. I occasionally	(30%)		
7. I seldom	(10%)		
8. I hardly ever	(5%)		
9. I never	(0%)		
1. In December I often			
2. In June I sometimes			
3. In January I always			
4. In September never	I		
5. In October I usually			
6. In April I normally			