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Part 1. Read about Alex's day. Which habits are similar to yours? Tell your partner.

Alex wakes up at seven, but never gets up straight away. It takes a strong coffee to get going. Alex always tries to stick to the same morning routine, but often puts off exercise until later — and later never really comes. On busy days, Alex tries to cut down on coffee after lunch, which never really works. In the evening, Alex likes to wind down with music, then catches up on messages before bed. Some weeks, it feels impossible to keep up with everything.

Part 2. The text has nine phrasal verbs. Find them in Part 1, and try to guess what they mean before you check Part 3.

Part 3. Match each phrasal verb to its meaning.

A. wake up	1. to delay doing something until later
B. get up	2. to get out of bed
C. get going	3. to relax after a busy day
D. stick to	4. to stay at the same speed or level as something
E. put off	5. to stop sleeping
F. cut down on	6. to do something you didn't have time for earlier
G. wind down	7. to reduce the amount of something
H. catch up on	8. to continue doing something without changing it
I. keep up with	9. to start moving, or start an activity

Answers: A)5 B)2 C)9 D)8 E)1 F)7 G)3 H)6 I)4

Part 4. Complete the sentences with a phrasal verb from the box. There are two extra phrases.

Get going	Put off	Stick to	Keep up with
Cut down	Get up	Wind down	Catch up

1. I never _____ before nine at the weekend.
2. My sister always _____ things until the last minute.
3. It's Friday night, so it's time to _____ with a film.
4. I really need to _____ on my emails this weekend.
5. He's trying to _____ on sugar this month.
6. Some mornings, I just can't _____.

Answers: 1) get up 2) puts off 3) wind down 4) catch up 5) cut down 6) get going

Part 5. Replace the underlined phrase with a phrasal verb from this lesson.

1. I always relax before bed by reading.
2. I try to reduce how much sugar I eat.
3. She never delays things – she does them straight away.
4. It's hard to stay at the same level as everyone else at the gym.
5. I need to do the things I missed at work today.

Answers: 1) wind down 2) cut down on 3) puts things off 4) keep up with 5) catch up on

Part 6. Read the statements. Which are true for you?

- I always stick to my morning routine, even at weekends.
- I often put off exercise until "tomorrow."
- I need to cut down on my phone use before bed.
- I find it easy to wind down in the evening.
- I sometimes struggle to keep up with everything in a normal week.
- I usually catch up on chores at the weekend.

Part 7. Discuss the following questions.

- What helps you get going in the morning?
- Is there something you always put off? Why?
- What do you do to wind down after a busy day?
- Do you find it easy or hard to stick to a routine?

Part 8. Read the situation. Choose the response closest to how you'd actually behave. Then discuss what your choice reveals.

It's Sunday evening. You still haven't done the things you planned for the weekend.

1. *You catch up on everything tonight, even if it takes hours.*
2. *You put it off again, and tell yourself you'll do it tomorrow.*
3. *You do the most important thing, and let the rest wait.*
4. *You feel a bit stressed, but you know you'll manage somehow.*

Part 9. Interview your partner about their daily routine. Try to use at least six phrasal verbs from this lesson.**Ask about:**

- What time they wake up and get up
- Whether they stick to a routine
- Something they often put off
- How they wind down in the evening
- What they usually catch up on at the weekend

Reflection

Complete the sentences in your own words.

1. One habit I really need to stick to is...
2. Something I always put off is...
3. The best way for me to wind down is...
4. Next week, I want to catch up on...

