PRESENT S	PRESENT C	PAST S	PAST C	PRESENT PERFECT S	PRESENT PERFECT C
Always	At the moment	Yesterday	Yesterday at 6	Already	All day
Usually	Now	Last week	While + PAST C	Just	For
Often	Right now	A month ago		Yet	How long
Sometimes	Today	In 2001		Still	since
Hardly ever /rarely	This week	When + PAST S		Ever	
Never	tonight			For	
		How long*		Since	
Once a week				How long	
Twice a month				before	
Three times a year				Recently	
				So far	
Every day				This week*	
In the morning				Today*	
In the afternoon				Always*	
In the evening				Never*	
At night					
At the weekend					
How often					