*Going Up*

* rose
* increased
* went up
* grew

*Going Down*

* decreased
* fell
* dropped
* declined

*No Change*

* stayed the same
* remained constant
* levelled off
* stabilised

*Up and Down*

* fluctuated
* zig-zagged
* fluttered
* undulated

*Small Changes - Adjectives / Adverbs*

* gently
* gradually
* slightly
* steadily

*Big Changes - Adverbs / Adjectives*

* suddenly
* sharply
* dramatically
* steeply
* a lot

*Low Points*

* bottomed out
* reached a low

#### Movement (Verbs): Up

* Rose
* Went up
* Increased
* Grew
* Shot up
* Surged
* Rocketed

#### Movement (Verbs): Down

* Fell
* Declined
* Dropped
* Decreased
* Sank
* Went down
* Plunged
* Plummeted

#### Prepositions

* Between 1995 and 2000
* From 1995 to 2000
* Sales rose from 200 to 250
* Sales fell to 150 in March
* Sales fell by 50%

#### Adverbs and intensifiers

* slightly
* a little
* a lot
* sharply
* suddenly
* steeply
* gradually
* gently
* steadily

#### No Movement: (Verbs with Adjectives, Verbs)

* remained steady
* were unchanged
* did not change
* remained constant
* remained stable
* stabilized

#### Tops and Bottoms

* reached a peak
* peaked
* reached their highest level
* fell to a low
* sank to a trough
* reached a bottom