



**Your week and life Trends practice  
(IELTS Academic Writing Part One/ Business English)**

**Part One – Your Weekend**

*Draw a graph (line graph or bar chart) representing your week or weekend, then describe it to your partner and see if they can guess what it represents. Give them some hints if they can't work out what it is, for example telling them what one of the axes of the graph represents.*

**Ideas for graphs**

Money spent  
Energy levels  
Amount of exercise done  
Amount of food eaten or alcohol drunk  
Amount of work and study  
Time spent doing something

**Part Two – Your Life**

*Do the same with something from any time in your past, present or future.*

**Ideas for graphs**

Weight  
Height  
Length of hair  
Amount of savings  
Income  
Skill  
How often you do something  
Amount of exercise  
Number of friends  
Optimism  
Number of films watched/ books read  
Time spent doing something