

In the past, I used to... once a week.
A few months ago, I often... on weekends.
In the past, I... for many years.
When I was younger, I... every day after school.
I stopped... a long time ago.

Nowadays, I am used to (shopping) twice a week now.

These days, I... with friends once a week. I have started... on (Saturdays).

Recently, I have been learning... each weekend. Currently, I haven't had time to...

In the future, I am going to/plan to... (four) times a week.

Next month, I will start...

**Expressions** 

In the coming year, I want to... Next semester, I hope to...