

Word Bank of 1200 High-Frequency Writing Words

The words in this word bank are listed in the order of their frequency of use in everyday writing. Since *the* is the most frequently used word in our language, its number is one in the word bank. The first 25 words are used in 33% of everyday writing, the first 100 words appear in 50% of adult and student writing, and the first 1,000 words are used in 89% of everyday writing.

Week 1	Week 5	Week 9	Week 11	Week 15	Week 19
1 the	201 feet	401 round	601 shape	801 sell	1001 police
2 of	202 land	402 dark	602 eight	802 wire	1002 consider
3 and	203 side	403 past	603 edge	803 rose	1003 dozen
4 a	204 without	404 ball	604 soft	804 cotton	1004 baseball
5 to	205 boy	405 girl	605 village	805 spoke	1005 rubber
6 in	206 once	406 road	606 object	806 rope	1006 symbol
7 is	207 animal	407 blue	607 age	807 fear	1007 support
8 you	208 life	408 instead	608 minute	808 shore	1008 exactly
9 that	209 enough	409 either	609 wall	809 throughout	1009 industry
10 it	210 took	410 held	610 meet	810 compare	1010 they're
11 he	211 four	411 already	611 record	811 movement	1011 beneath
12 for	212 head	412 warm	612 copy	812 exercise	1012 laugh
13 was	213 above	413 gone	613 forest	813 bread	1013 groceries
14 on	214 kind	414 finally	614 especially	814 process	1014 popular
15 are	215 began	415 summer	615 necessary	815 nature	1015 thank
16 as	216 almost	416 understand	616 he's	816 apart	1016 quarter
17 with	217 live	417 moon	617 unit	817 path	1017 climbed
18 his	218 page	418 animals	618 flat	818 careful	1018 continue
19 they	219 got	419 mind	619 direction	819 narrow	1019 potatoes
20 at	220 earth	420 outside	620 south	820 mental	1020 receive
21 be	221 need	421 power	621 subject	821 nine	1021 design
22 this	222 far	422 problem	622 skin	822 useful	1022 president
23 from	223 hand	423 longer	623 wasn't	823 public	1023 charge
24 I	224 high	424 winter	624 I've	824 according	1024 mistake
25 have	225 year	425 deep	625 yellow	825 steel	1025 hospital
26 or	226 mother	426 heavy	626 party	826 salt	1026 remain
27 by	227 light	427 carefully	627 force	827 speech	1027 service
28 one	228 country	428 follow	628 test	828 forth	1028 increase
29 had	229 father	429 beautiful	629 bad	829 nation	1029 students
30 not	230 let	430 everyone	630 temperature	830 knowledge	1030 insects
31 but	231 night	431 leave	631 pair	831 appear	1031 address
32 what	232 picture	432 everything	632 ahead	832 ate	1032 sincerely
33 all	233 being	433 game	633 wrong	833 dinner	1033 dollars
34 were	234 study	434 system	634 practice	834 hurt	1034 belong
35 when	235 second	435 bring	635 sand	835 spend	1035 bottle
36 we	236 soon	436 watch	636 tail	836 experiment	1036 flight
37 there	237 story	437 shell	637 wait	837 touch	1037 forget
38 can	238 since	438 dry	638 difficult	838 drop	1038 bicycle
39 an	239 white	439 within	639 general	839 chair	1039 secret

40 your	240 ever	440 floor	640 cover	840 east	1040 soldier
41 which	241 paper	441 ice	641 material	841 separate	1041 silent
42 their	242 hard	442 ship	642 isn't	842 truck	1042 structure
43 said	243 near	443 themselves	643 thousand	843 sing	1043 height
44 if	244 sentence	444 begin	644 sign	844 column	1044 observe
45 do	245 better	445 fact	645 guess	845 twice	1045 indicate
46 will	246 best	446 third	646 forward	846 particular	1046 railroad
47 each	247 across	447 quite	647 huge	847 shop	1047 knife
48 about	248 during	448 carry	648 ride	848 unless	1048 married
49 how	249 today	449 distance	649 region	849 spot	1049 suggested
50 up	250 however	450 although	650 nor	850 neither	1050 entered

Week 2

51 out
52 them
53 then
54 she
55 many
56 some
57 so
58 these
59 would
60 other
61 into
62 has
63 more
64 her
65 two
66 like
67 him
68 see
69 time
70 could
71 no
72 make
73 than
74 first
75 been
76 its
77 who
78 now
79 people
80 my
81 made
82 over
83 did
84 down
85 only

Week 6

251 sure
252 knew
253 it's
254 try
255 told
256 young
257 sun
258 thing
259 whole
260 hear
261 example
262 heard
263 several
264 change
265 answer
266 room
267 sea
268 against
269 top
270 turned
271 learn
272 point
273 city
274 play
275 toward
276 five
277 himself
278 usually
279 money
280 seen
281 didn't
282 car
283 morning
284 I'm
285 body

Week 10

451 sat
452 possible
453 heart
454 real
455 simple
456 snow
457 rain
458 suddenly
459 easy
460 leaves
461 lay
462 size
463 wild
464 weather
465 miss
466 pattern
467 sky
468 walked
469 main
470 someone
471 center
472 field
473 stay
474 itself
475 boat
476 question
477 wide
478 least
479 tiny
480 hour
481 happened
482 foot
483 care
484 low
485 else

Week 14

651 period
652 blood
653 rich
654 team
655 corner
656 cat
657 amount
658 garden
659 led
660 note
661 various
662 race
663 bit
664 result
665 brother
666 addition
667 doesn't
668 dead
669 weight
670 thin
671 stone
672 hit
673 wife
674 island
675 we'll
676 opposite
677 born
678 sense
679 cattle
680 million
681 anyone
682 rule
683 science
684 afraid
685 women

Week 18

851 met
852 wheel
853 none
854 hill
855 television
856 bill
857 solve
858 pressure
859 report
860 farmer
861 count
862 trade
863 chief
864 month
865 clothes
866 doctor
867 indeed
868 dance
869 church
870 original
871 enjoy
872 string
873 sister
874 familiar
875 onto
876 imagine
877 blow
878 quick
879 law
880 lie
881 final
882 rise
883 loud
884 fair
885 herself

Week 22

1051 magazine
1052 agree
1053 fifty
1054 escape
1055 threw
1056 planet
1057 dangerous
1058 event
1059 leader
1060 peace
1061 spelling
1062 chapter
1063 swimming
1064 opportunity
1065 immediately
1066 favorite
1067 settled
1068 telephone
1069 repeat
1070 prepare
1071 instance
1072 avenue
1073 newspaper
1074 actually
1075 employee
1076 review
1077 convince
1078 allowed
1079 nobody
1080 details
1081 muscles
1082 model
1083 climate
1084 coffee
1085 whenever

86 way	286 upon	486 gold	686 produce	886 slow	1086 serious
87 find	287 family	487 build	687 pull	887 noise	1087 angle
88 use	288 later	488 glass	688 son	888 statement	1088 feather
89 may	289 turn	489 rock	689 meant	889 hungry	1089 determined
90 water	290 move	490 tall	690 broken	890 join	1090 dictionary
91 long	291 face	491 alone	691 interest	891 tube	1091 ordinary
92 little	292 door	492 bottom	692 chance	892 rode	1092 extra
93 very	293 cut	493 check	693 thick	893 empty	1093 rough
94 after	294 done	494 reading	694 sight	894 twenty	1094 library
95 words	295 group	495 fall	695 pretty	895 broke	1095 condition
96 called	296 true	496 poor	696 train	896 nice	1096 arrived
97 just	297 half	497 map	697 fresh	897 effect	1097 located
98 where	298 red	498 friend	698 drive	898 paid	1098 program
99 most	299 fish	499 language	699 lead	899 motion	1099 pencil
100 know	300 plants	500 job	700 break	900 myself	1100 tongue

Week 3

101 get
102 through
103 back
104 much
105 go
106 good
107 new
108 write
109 our
110 me
111 man
112 too
113 any
114 day
115 same
116 right
117 look
118 think
119 also
120 around
121 another
122 came
123 come
124 work
125 three
126 must
127 because
128 does
129 part
130 even
131 place

Week 7

301 living
302 black
303 eat
304 short
305 United States
306 run
307 book
308 gave
309 order
310 open
311 ground
312 cold
313 really
314 table
315 remember
316 tree
317 course
318 front
319 American
320 space
321 inside
322 ago
323 sad
324 early
325 I'll
326 learned
327 brought
328 close
329 nothing
330 though

Week 11

501 music
502 buy
503 window
504 mark
505 heat
506 grew
507 listen
508 ask
509 single
510 clear
511 energy
512 week
513 explain
514 lost
515 spring
516 travel
517 wrote
518 farm
519 circle
520 whose
521 correct
522 bed
523 measure
524 straight
525 base
526 mountain
527 caught
528 hair
529 bird
530 wood
531 color

Week 15

701 sit
702 bought
703 radio
704 method
705 king
706 similar
707 return
708 corn
709 decide
710 position
711 bear
712 hope
713 song
714 engine
715 board
716 control
717 spread
718 evening
719 brown
720 clean
721 wouldn't
722 section
723 spent
724 ring
725 teeth
726 quiet
727 ancient
728 stick
729 afternoon
730 silver
731 nose

Week 19

901 divide
902 supply
903 laid
904 dear
905 surprise
906 gun
907 entire
908 fruit
909 crowd
910 band
911 wet
912 solid
913 northern
914 flower
915 star
916 feed
917 wooden
918 sort
919 develop
920 shoulder
921 variety
922 season
923 share
924 jump
925 regular
926 represent
927 market
928 we're
929 flew
930 finger
931 expect

Week 23

1101 title
1102 enemy
1103 garage
1104 lose
1105 vegetable
1106 parents
1107 style
1108 education
1109 required
1110 political
1111 daughter
1112 individual
1113 progress
1114 altogether
1115 activities
1116 article
1117 equipment
1118 discuss
1119 healthy
1120 perfect
1121 recognize
1122 frequently
1123 character
1124 personal
1125 disappear
1126 success
1127 traffic
1128 yesterday
1129 situation
1130 realize
1131 message

132 well	331 idea	532 war	732 century	932 army	1132 recently
133 such	332 before	533 fly	733 therefore	933 cabin	1133 account
134 here	333 lived	534 yourself	734 level	934 camp	1134 physical
135 take	334 became	535 seem	735 you'll	935 danger	1135 neighbor
136 why	335 add	536 thus	736 death	936 purpose	1136 excited
137 help	336 become	537 square	737 hole	937 breakfast	1137 whisper
138 put	337 grow	538 moment	738 coast	938 proper	1138 available
139 different	338 draw	539 teacher	739 cross	939 coat	1139 college
140 away	339 yet	540 happy	740 sharp	940 push	1140 furniture
141 again	340 less	541 bright	741 fight	941 express	1141 leather
142 off	341 wind	542 sent	742 capital	942 shot	1142 husband
143 went	342 behind	543 present	743 fill	943 angry	1143 principal
144 old	343 cannot	544 plan	744 deal	944 southern	1144 medicine
145 number	344 letter	545 rather	745 busy	945 dress	1145 excellent
146 great	345 among	546 length	746 beyond	946 bag	1146 operation
147 tell	346 able	547 speed	747 send	947 proud	1147 council
148 men	347 dog	548 machine	748 love	948 neck	1148 author
149 say	348 shown	549 information	749 cool	949 breath	1149 organize
	349 mean	550 except	750 cause	950 strength	1150 concern
	350 English				

Week 4

150 small
151 every
152 found
153 still
154 between
155 mane
156 should
157 home
158 big
159 give
160 air
161 line
162 set
163 own
164 under
165 read
166 last
167 never
168 us
169 left
170 end
171 along
172 while
173 might
174 next
175 sound

Week 8

351 rest
352 perhaps
353 certain
354 six
355 feel
356 fire
357 ready
358 green
359 yes
360 built
361 special
362 ran
363 full
364 town
365 complete
366 oh
367 person
368 hot
369 anything
370 hold
371 state
372 list
373 stood
374 hundred
375 ten
376 fast

Week 12

551 figure
552 you're
553 free
554 fell
555 suppose
556 natural
557 ocean
558 government
559 baby
560 grass
561 plane
562 street
563 couldn't
564 reason
565 difference
566 maybe
567 history
568 mouth
569 middle
570 step
571 child
572 strange
573 wish
574 soil
575 human
576 trip

Week 16

751 please
752 meat
753 lady
754 west
755 glad
756 action
757 pass
758 type
759 attention
760 gas
761 kitchen
762 pick
763 scale
764 basic
765 happen
766 safe
767 grown
768 cost
769 wear
770 act
771 hat
772 arm
773 believe
774 major
775 gray
776 wonder

Week 20

951 member
952 twelve
953 mine
954 company
955 current
956 pound
957 valley
958 double
959 till
960 match
961 average
962 die
963 liquid
964 alive
965 stream
966 provide
967 drink
968 experience
969 future
970 tomorrow
971 drove
972 population
973 finish
974 station
975 shook
976 stage

Week 24

1151 barbecue
1152 accident
1153 disease
1154 construction
1155 motor
1156 affect
1157 conversation
1158 evidence
1159 citizen
1160 environment
1161 influence
1162 cancel
1163 audience
1164 apartment
1165 worse
1166 transportation
1167 frozen
1168 waste
1169 couple
1170 function
1171 connect
1172 project
1173 pronounce
1174 offered
1175 apply
1176 improve

176 below	377 felt	577 woman	777 include	977 oxygen	1177 stomach
177 saw	378 kept	578 eye	778 describe	978 poem	1178 collect
178 something	379 notice	579 milk	779 electric	979 solution	1179 prevent
179 thought	380 can't	580 choose	780 sold	980 burn	1180 courage
180 both	381 strong	581 north	781 visit	981 cent	1181 occur
181 few	382 voice	582 seven	782 sheep	982 electricity	1182 foreign
182 those	383 probably	583 famous	783 I'd	983 everybody	1183 quality
183 always	384 area	584 late	784 office	984 rate	1184 terrible
184 show	385 horse	585 pay	785 row	985 dust	1185 instrument
185 large	386 matter	586 sleep	786 contain	986 worth	1186 balance
186 often	387 stand	587 iron	787 fit	987 community	1187 ability
187 together	388 box	588 trouble	788 equal	988 captain	1188 arrange
188 asked	389 start	589 store	789 value	989 bus	1189 rhythm
189 house	390 that's	590 beside	790 yard	990 protect	1190 avoid
190 don't	391 class	591 oil	791 beat	991 cook	1191 daily
191 world	392 piece	592 modern	792 inch	992 raise	1192 identity
192 going	393 surface	593 fun	793 sugar	993 further	1193 standard
193 want	394 river	594 catch	794 key	994 steam	1194 combine
194 school	395 common	595 business	795 product	995 guide	1195 attached
195 important	396 stop	596 reach	796 desert	996 discover	1196 frighten
196 until	397 am	597 lot	797 bank	997 plain	1197 social
197 form	398 talk	598 won't	798 farther	998 usual	1198 factory
198 food	399 whether	599 case	799 won	999 seat	1199 license
199 keep	400 fine	600 speak	800 total	1000 accept	1200 recommend
200 children					