

Name

Form

Read the list. Decide which of the activities are good or bad for you. Write them into two columns.

- a) eating fruit and vegetables
- b) swimming
- c) not getting enough sleep
- d) going to the gym
- e) laughing a lot

- f) running every day
- g) not having breakfast
- h) watching too much TV
- i) drinking a lot of coffee
- j) learning new things

GOOD



BAD

