Complete the sentences with the correct form of the phrasal verbs

cheer up set out take up fall behind with give up

1. It was a long way to the next youth hostel, so we _____ very early.
2. I was feeling a bit depressed, so I ate some chocolate to _____ myself.
3. I was ill for three weeks, so I _____ my studies, but I worked hard and soon caught up my classmates.
4. He wanted to lose weight, so he decided to _____ jogging.
5. She _____ her job and started writing poetry.