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Complete the text with the words from the box. Put them into the correct tense form.

- to quit • to enjoy • to plan • to rejoin • to keep • to think • to explain • to take up
- to feel (x2) • to join • to take • to improve •

Too Much of a Good Thing?

Once you (1) an activity, you have (2) it. You mustn't (3) stressed. It's important (4) a balance between schoolwork, after-school activities, and your health. If you (5) a club and need (6) for any reason, (7) with the teacher or coach. Be direct and polite and (8) your situation and feelings. Sometimes it's just not the right choice for you or it (9) too much of your time. Perhaps you have (10) your schedule better, (11) your marks in some of the school subjects and (12) later. Saying "no" can be the most responsible thing to do.