



**4- How often does she meditate?**

A. Once or twice a day.

B. Once a day.

C. Rarely.

**True or false section**

1- Janet checks her email for one hour every morning.

True/False

2- She trains for three hours with her team on weekdays.

True/False

3- Janet always watches TV before going to sleep.

True/False

**Matching section**

1- She likes to go for a walk

a. a healthy lunch

2- She sometimes listens to music

b. after her nap

3- She always eats

c. before going to bed