77. If we join the gym this weekend, we _____ meet new workout partners next week.

A. will B. would C. are D. were

78. _____ you call the doctor tomorrow if your headache continues tonight?

A. Do B. Are C. Will D. Does

79. If she starts practicing meditation from today, she _____ become calmer in a month.

A. will B. would C. is D. does

80. You won't pass your fitness test next month if you _____ start training now.

A. don't B. doesn't C. won't D. didn't

81. If it _____ heavily tomorrow morning, we will cancel our outdoor yoga class.

A. rain B. rains C. will rain D. rained

82. They will save money next year if they _____ cooking at home from next week.

A. starts B. start C. will start D. started

83. If you _____ take vitamins starting today, you will get sick during flu season.

A. don't B. doesn't C. won't D. didn't

84. She will be happier next month if she _____ more time for hobbies this week.

A. make B. making C. makes D. will make

85. If we _____ organic food from tomorrow, we will feel healthier by next month.

A. buy B. buys C. will buy D. bought

86. You will be exhausted for tomorrow's exam if you _____ sleep early tonight.

A. don't B. doesn't C. won't D. didn't

87. If he _____ the meditation course next week, his stress will decrease within a month.

A. join B. joins C. will join D. joined

88. We won't enjoy our vacation next month if we _____ overtime this week.

A. works B. working C. work D. worked

89. If you start a morning routine tomorrow, your days _____ be more productive next week.

A. is B. will C. would D. were

90. _____ she join our fitness challenge if we ask her at lunch today?

A. Do B. Does C. Will D. Did

91. If they _____ eating fast food from today, their cholesterol levels will decrease by next month.

A. stops B. stop C. will stop D. stopped

92. You will see muscle growth in three months if you _____ lifting weights next week.

A. start B. starts C. will start D. started

93. If I _____ adding vegetables to my lunch from tomorrow, I will lose weight by summer.

A. beginning B. begins C. begin D. will begin

94. He won't achieve his goals this year if he _____ make a plan today.

A. don't B. doesn't C. won't D. didn't

95. If we _____ gratitude for small things starting now, we will be happier next year.

A. practicing B. practices C. practice D. practiced

LIVEWORKSHEETS

Exercise 2: Complete the sentences using the future simple form of the verbs in brackets.

1. Tomorrow morning, I _____ ___ (wake up) at 6 AM to do yoga in the park.
2. My sister _ _____ _ (not/eat) fast food next month because she wants to be healthier.
3. We _ _____ __ (join) a gym next week to exercise together every evening.
4. He __ _____ __ (go) to bed earlier tonight because he has an important meeting tomorrow.
5. Starting next Monday, they __ _____ __ (start) cooking healthy meals at home instead of ordering pizza.
6. Next year, my family _____ __ (not/watch) TV during dinner time anymore.
7. From tomorrow, Sarah _____ __ (drink) more water to improve her skin.
8. The students _____ _ (not/use) their phones after 9 PM starting tonight to sleep better.
9. My parents _ _____ __ (try) a new vegetarian restaurant this weekend.

I think people _____ __ (have) healthier lifestyles in the future because of new technology.

Exercise 3: Circle the correct option in brackets.

1. If you (eat/ will eat) too much junk food, you won't feel healthy.
2. She will lose weight if she (goes/ will go) to the gym three times a week.
3. If I (don't/ won't) sleep 8 hours tonight, I will be tired tomorrow.
4. You (feel/ will feel) better if you drink more water every day.
5. If he (stops/ will stop) smoking, his health will improve quickly.
6. They won't have energy if they (skip/ will skip) breakfast tomorrow morning.
7. If we (will walk/ walk) instead of driving, we will save money and stay fit.
8. Your skin (looks/ will look) better in a few weeks if you eat more vegetables.
9. If she (doesn't/ won't) exercise regularly, she won't lose weight.
10. I (will join/ join) a yoga class if my friend comes with me.

Exercise 4: Choose the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences

1. My sister is very **independent**. She lives alone in the city and doesn't need help from our parents anymore.

A. self-reliant B. friendly C. careful D. beautiful

2. Social media has a big **impact** on young people's lifestyle. They spend too much time online every day.

A. picture B. influence C. distance D. memory

3. In the countryside, people often **interact** with their neighbors. They talk and help each other every day.

A. argue B. compete C. communicate D. ignore

4. Traditional dances really **fascinate** foreign tourists. They always take photos and ask many questions about them.

A. bore B. attract C. confuse D. frighten

5. It's hard to **concentrate** on work when you have a noisy lifestyle. Many people need quiet places to study well.

A. focus B. relax C. sleep D. forget

Exercise 5: Choose the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences

1. Many young people **avoid** eating vegetables. They prefer fast food and sweet drinks for their meals.

A. choose B. dislike C. forget D. refuse

2. After staying up late every night, Tom feels very **weak**. He needs to change his lifestyle and sleep more.

LIVEWORKSHEETS

A. tired B. strong C. sick D. lazy

3. Teenagers want more **freedom** in their lifestyle. They don't like when parents tell them what to do all the time.

A. control B. money C. happiness D. friendship

4. I **normally** wake up at 6 a.m. every day, but on weekends I like to sleep until 10 a.m.

A. always B. rarely C. often D. quickly

5. Time with family is very **precious** to me. I think it's more important than money or work.

A. worthless B. expensive C. beautiful D. special

Exercise 6: Fill in each blank with the appropriate form of the word in brackets.

1. My grandmother has a simple _ _____ __ in the countryside. She wakes up early and grows her own vegetables. **(LIFE)**

2. The party was very _____ __ with music and dancing all night. Everyone had a great time. **(LIVE)**

3. Social media can __ _____ _ the way teenagers spend their free time. **(IMPACT)**

4. Reading books is an _ _____ __ activity that helps children learn new things. **(EDUCATE)**

5. Online games are more _ _____ _ than watching TV because you can play with friends. **(INTERACT)**

6. My sister is the main _____ _ of our family parties. She plans everything perfectly. **(ORGANISE)**

7. Many health problems are _____ __ if you eat well and exercise regularly. **(AVOID)**

8. In Japan, people _____ __ each other by bowing instead of shaking hands. **(GREET)**

9. I need complete __ _____ __ when I study for exams, so I turn off my phone. **(CONCENTRATE)**

10. Young adults want to live _____ __ without asking their parents for money. **(INDEPENDENT)**

ϖ COMMUNICATION

Exercise 1: Choose the word or phrase (A, B, C, or D) that best completes each of the following exchanges.

1. Anna: I think we should try to have a healthier lifestyle. _____ going to the gym together twice a week?

Ben: That sounds great! Let's start next Monday.

A. What about B. Do you mind C. Could you D. Would you like

2. Tom: In my opinion, social media is changing young people's lifestyle too much.

Lisa: _____. They spend hours on their phones instead of talking face-to-face.

A. You're joking B. I totally agree C. Are you serious D. That's strange

3. Mai: My family always has dinner together at 6 p.m. without phones on the table.

Peter: _____. That's a really nice family tradition!

A. You must be kidding B. I don't think so C. How wonderful D. Are you sure

4. David: I wake up at 5 a.m. every day to do yoga before work.

Sarah: _____! I can never get up that early.

A. That's amazing B. Spot on C. Sounds boring D. Yes, I do

5. Linda: Why don't you try a digital detox? No phone or computer for one weekend.

Mike: _____. I need my phone for everything!

A. Great idea B. No way C. Spot on D. Sound lovely

Exercise 2: Choose the correct answer (A, B, C, or D) to arrange the following sentences into a meaningful

LIVEWORKSHEETS