

01 / READING

Small steps, shared habits

Name: _____ Date: _____

Seven sentences have been removed from the text. Choose A-I for gaps 1-7. There are two extra sentences which you do not need to use.

When the lift in Maya's office broke down, reaching the fourth floor became an unexpected part of her working day. At first, she arrived at her desk out of breath. A week later, the lift was repaired. **[1]** _____ She continued using the stairs whenever she felt comfortable doing so.

Her colleague Sam suggested a lunchtime walking group. Not everyone wanted a long walk, and some people needed a route without steps. **[2]** _____ They offered a short, level route as well as a longer one, so colleagues could choose what suited them.

Initially, several walkers used fitness apps to count their steps. Soon, conversations were dominated by numbers and who had covered the greatest distance. **[3]** _____ Without a ranking to worry about, people began paying more attention to their surroundings and to each other.

Some colleagues also started bringing lunch from home, hoping to eat together after their walk. There was one practical difficulty: nobody could find space for their containers. **[4]** _____ Once the food had somewhere to go, sharing lunch became much easier to organise.

In November, the lunchtime routine became harder to maintain. **[5]** _____ Instead of cancelling every meeting, the group occasionally stayed inside for a chat and a few gentle stretches. They accepted that their activities would change with the seasons.

After three months, Maya asked what people valued about the group. She expected comments about exercise, but most mentioned feeling less isolated at work. **[6]** _____ People from different departments now knew whom to ask for help, and newcomers felt more welcome.

The managers were impressed and proposed an official competition between departments. **[7]** _____ For Maya, the routine worked precisely because nobody had to prove anything. It was a manageable way to build more movement and companionship into an ordinary day.

CHOOSE FROM A-I

- A** They soon agreed to stop comparing their daily totals.
- B** Everyone was required to follow the same demanding training plan.
- C** A shelf reserved for their lunches in the office fridge solved the problem.
- D** By then, however, Maya had started to enjoy the climb.
- E** The biggest benefit appeared to be the new friendships.
- F** As a result, all their meetings moved permanently to an online platform.
- G** The aim was to make the activity accessible rather than competitive.
- H** The park paths were muddy, and it was often raining.
- I** Maya persuaded them to keep participation flexible and voluntary.

Joining a gym

Listen to the conversation about joining a gym to practise and improve your listening skills.
Do the preparation task first. Then listen to the audio and do the exercises.

A Before listening

Match the words in capital letters (a-f) with the definitions (1-6).

DEFINITION

VOCABULARY

- | | |
|------------------------|--|
| 1. ___ registration | a. A new BUDGET airline has started flying to our city. |
| 2. ___ amount of money | b. What is the daily RATE for renting a bicycle? |
| 3. ___ give | c. There is a very small SIGN-UP fee. |
| 4. ___ create | d. They ASSIGN each class a special room. |
| 5. ___ come to | e. We can DESIGN a personalised programme for you. |
| 6. ___ cheap | f. If you VISIT the shop, I can show you in person. |

1 True or false?

Are the sentences true or false? Tick one box for each sentence.

	True	False
1. The man has only recently decided to join the gym.	☐	☐
2. The woman says the gym will make sure it has the lowest price in the city.	☐	☐
3. The woman says that other gyms charge people when they leave.	☐	☐
4. The gym used to be open for 24 hours but it was too busy.	☐	☐
5. The personal trainer will tell you what and what not to eat.	☐	☐
6. The personal trainer doesn't cost anything at all.	☐	☐
7. The man is not convinced at the end of the conversation.	☐	☐
8. The gym offers a sample visit.	☐	☐

2 Complete the sentences

Complete the sentences with words from the box.

got that | get | don't | Makes | we | bit | of | to know | straight

- | | |
|--------------------------------------|------------------------------|
| 1. Sure, _____ course. | 5. _____ sense. |
| 2. You've _____ right, yes. | 6. Sure _____ do. |
| 3. Sorry, what was that last _____ ? | 7. Let me _____ this _____ . |
| 4. That's useful _____ . | 8. OK, why _____ I do that. |

DISCUSSION What do you look for in a gym?

03 / SPEAKING

Spot the problem

B2 First Speaking Part 2 - Question 1a

Listen to the examiner first, then to the candidate. Choose one answer below.

01 / EXAMINER

The examiner's instruction.

0:09

[OPEN MP3](#)**02 / CANDIDATE**

The candidate's answer.

0:36

[OPEN MP3](#)

Click an audio card, or scan its QR code from a printed copy.

What is the problem with this answer?

A The speaker says things about the photos which are not true.

B The speaker does not answer the question.

C The speaker only talks about one of the photos.

MY ANSWER: _____