

Vocabulary Worksheet

Unit 9: Health Habits, Routines & Motivation | Multiple Choice (20 Questions)

Name: _____ Date: _____

Instructions: Read each item carefully and select the best answer (A, B, C, or D) to complete the sentence or answer the question.

1. After a long week of work, Sarah was feeling exceptionally _____ and snapped at her co-worker.
A) automatic
B) cranky
C) distracted
D) reinforced
2. What expression means to return to a former behavior or habit after attempting to change?
A) Stick to a routine
B) Get into a habit
C) Revert to an old behavior
D) Break the routine
3. Which term refers to the self-discipline and strong determination required to achieve a goal?
A) Incentive
B) Willpower
C) Routine
D) Substitute
4. Buying a small treat after finishing an hour of studying is an example of an:
A) automatic response
B) incentive
C) addiction
D) exercise strategy



5. Drinking coffee every morning without even thinking about it has become completely _____ for Mark.
- A) distracted
 - B) automatic
 - C) cranky
 - D) substitute
6. If you want to increase your energy levels before a workout, you might look for something to _____ your motivation.
- A) boost
 - B) revert
 - C) substitute
 - D) distract
7. Which phrase means to replace one thing or habit with another?
- A) Kick a habit
 - B) Stick to a routine
 - C) Get into shape
 - D) Substitute one thing for another
8. Someone who is unable to stop using a chemical substance or engaging in a specific behavior is said to be:
- A) distracted
 - B) addicted
 - C) automatic
 - D) cranky
9. Constantly checking your phone while trying to read a textbook causes you to become:
- A) reinforced
 - B) boosted
 - C) distracted
 - D) automatic



10. To strengthen a new behavior so that it becomes second nature, you need to _____ it through regular practice.
- A) revert
 - B) substitute
 - C) reinforce
 - D) break
11. Which of the following is a correct expression used with the word routine?
- A) Kick a routine
 - B) Stick to a routine
 - C) Substitute a routine
 - D) Revert a routine
12. Which of the following is a correct expression used with the word habit?
- A) Kick a habit
 - B) Stick to a habit
 - C) Get out of a habit
 - D) Break the routine
13. What is the definition of a routine?
- A) A strong determination to achieve a specific physical goal
 - B) Something given to encourage action or good behavior
 - C) Something you do regularly or at the same time
 - D) The act of taking a long break during work hours
14. Jill finds it hard to exercise alone because she lacks the self-discipline to stay on track. Jill needs more:
- A) caffeine
 - B) willpower
 - C) incentives to break routines
 - D) distractions



15. If Yen stops drinking coffee, she experiences tired and irritable feelings because caffeine is a highly _____ substance.

- A) automatic
- B) distracting
- C) addictive
- D) reinforcing

16. Which strategy would best help someone who is trying to get in shape but struggles to do it by themselves?

- A) Substitute sugar-free gum for exercise
- B) Ask a friend to join them to boost motivation
- C) Stop drinking coffee cold turkey
- D) Revert to their original daily habits

17. What does the expression "get in shape" mean?

- A) To improve your physical health and fitness
- B) To organize your daily schedule neatly
- C) To stop an addictive behavior permanently
- D) To change your mental attitude toward work

18. If you keep doing an action consistently for two weeks, the behavior is likely to become:

- A) cranky
- B) distracted
- C) automatic
- D) substituted

19. What is the meaning of the word boost?

- A) To replace standard behavior with a new reward
- B) To make an old behavior stronger over time
- C) To increase or improve something
- D) To go back to a previous way of acting

20. According to the lesson notes, how do habit and routine compare?

- A) They have completely different meanings and use the exact same partner words.
- B) They have similar meanings, but the words that partner with them can differ.
- C) Routine only applies to health, while habit applies to work.
- D) Habit refers to physical actions, while routine refers only to feelings.