

NEED TO / NEEDED TO / WILL NEED TO

Read the sentence and write the regret using *ought to* / *ought not to have*.
Look at the example.

Example: I am starting an aerobics class next week. (START SLOWLY)

You will need to start slowly.

1. I keep getting headaches after I exercise. (DRINK MORE WATER)

2. I can't seem to improve my running time. (VARY YOUR ROUTINE)

3. I pulled a muscle during training yesterday. (STOP EXERCISING)

4. I felt weak after the race on Sunday. (EAT SOMETHING BEFOREHAND)

5. I'm going to join a gym next month. (FIND A GOOD TRAINER)

6. I'm planning to start running every morning. (WARM UP FIRST)

