

# New Year Resolutions

## Worksheet

| Future Tense  | How   | Verb - ing                    | What                            | When                                      |
|---------------|-------|-------------------------------|---------------------------------|---|
| I will        | start | drinking<br>smoking*          | water<br>cigarettes             | in the morning<br>every day               |
| OR            | OR    | eating<br>exercising          | sweets<br>at the gym            | on the weekend<br>every morning           |
| I am going to | stop  | saving<br>studying<br>walking | money<br>English<br>in the park | every night<br>twice a week<br>every week |

\*note if the verb ends in "e", drop the "e" when adding "ing"

### Part A: Put the sentences in the correct order to make a good resolution.

1. stop during the week I am going to eating sweets  
\_\_\_\_\_.
2. saving start money every month I will  
\_\_\_\_\_.
3. at the gym I will exercising twice a week start  
\_\_\_\_\_.
4. every night stop to bed late I am going to going  
\_\_\_\_\_.

**Part B: Draw a line to match the resolution to the reason why you are making the change.**

I will stop smoking

because I want to improve my language skills

I am going to start exercising

because I want to buy a new car

I will start saving money

because it is not good for my lungs

I am going to start going to bed at 10:00 pm

because it will make me strong and healthy

I am going to stop eating sweets

because I do not want to be tired during the day

I will start practicing English every day

because too much sugar is bad for my teeth

