**UNIT 6 A**

**READING AND VOCABULARY**

**2** Read the text. Which activities from exercise 1 has Matt Cutts done?

# The 30-day Challenge

**Have you ever wanted to try something new? Perhaps you've wanted to take up a new hobby or learn a new skill. What stopped you? Not enough time? The fear of failure? Was it difficult to change your routine?**

Matt Cutts is an American software engineer. A few years ago, he was bored with his life. That's when he decided to try the 30-day challenge. The idea is simple. You think of something you haven't done before, but you've always wanted to do, and you try it for 30 days.
He started with small challenges, such as walking more, riding his bike to work, and giving up sugar for a month. Gradually, his challenges became bigger and more difficult. Now, Matt has written a novel, he's taught himself to play the ukulele, and he's even climbed Mount Kilimanjaro!
Trying something new can be kind of terrifying, but doing it for just 30 days doesn't seem so hard. At the end of the month, you can stop … or who knows? You might decide to go on with your new activity. For example, Matt gave up TV and did other things like reading books, instead. After 30 days, the first thing he did was turn on the TV. However, he found that he watched less TV than before because he enjoyed doing the other things, too.
Matt says that the challenges have made his life much more interesting. He's also become more confident. So, what about you? Is there something you've always wanted to do? What are you waiting for? **Try it for 30 days!**

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Choose the correct words to complete the sentences. Check your answers in the text.

1 Maybe you've wanted to **take** *up / over / in* a new hobby or learn a new skill.
2 You might decide to **go** *over / in / on* with your new activity.
3 Matt **gave** *under / up / above* TV and did other things like reading books, instead.
4 After 30 days, the first thing he did was **turn** *on / in / around* the TV.

**A** Complete the sentences about Matt from the text. Check your answers in the text.

1 A few years ago, he _____ bored with his life.
2 Matt has _____ a novel.

1 Which sentence is about an event at a particular time in the past? ____
What is the tense? *simple past / present perfect*
2 Which sentence is about a general experience in Matt's life? ____
What is the tense? *simple past / present perfect*
3 How do we form the present perfect tense? the verb _____ + past participle

LIVEWORKSHEETS

6.1 Match sentences 1–8 with the pictures a–h . Listen and check.

1 Can I **turn on** the air-conditioning? ____
2 I'm going to **find out** who did this. ____
3 Oh no! We've **run out of** milk! ____
4 Why did the car **break down** here? ____
5 Please **throw away** the empty bottles. ____
6 Can you **fill up** the car with gasoline, please? ____
7 You should **clean up** your bedroom. ____
8 I'm going to **look up** the word in a dictionary. ____

6.2 Match the phrasal verbs in **bold** with their meanings a–h. Listen and check.

1 I don't want to **go on** with the course. It's boring. — a wait
2 If you want to get in shape you should **take up** running. — b continue
3 I'm going to **take care of** my sister's children tonight. — c stop
4 You need to **fill out** this form to get a passport. — d start
5 Can you **give back** the money you owe me? — e return
6 You should **give up** smoking. It's bad for you. — f be with
7 If you **hold on** for five minutes, I'll come, too. — g complete
8 The snow will soon **turn into** water. — h become

LIVEWORKSHEETS