

I want to change my bad habits.

1. Review the Vocabulary. Write your own study notes (or translation) for each word or phrase.

| Vocabulary | My study notes | Vocabulary | My study notes |
|----------------------------|----------------|--------------------------------------|----------------|
| a habit | | eating junk food | |
| eating healthy food | | spending too much money | |
| saving money | | leaving things until the last minute | |
| having good study habits | | being lazy | |
| getting plenty of exercise | | staying up too late | |
| getting enough sleep | | | |

2. Complete each statement with the correct word or phrase from the Vocabulary.

1. Eating junk food / healthy food is important for your body.
2. Rebecca spends / saves too much money. She never has any money at the end of the week.
3. When Julia has a lot of homework, she starts working on it right after school.
Julia has good study habits / leaves things until the last minute.
4. James goes to bed every night at 10:00 after he finishes his homework.
He doesn't get enough sleep / stays up too late.

3. Complete each statement.

1. Josh eats lots of pretzels, chips, and soda every day. He ...
2. Sue never has enough money when she wants to buy something. She ...
3. Mary Beth never exercises, and she watches way too much TV. She ...
4. Mark goes mountain biking three times a week, and he swims regularly at the gym. Mark ...
5. Peter is tired in the morning because he goes to bed very late. He ...
6. Kate only starts her homework on the day it's due. She ...

a. doesn't get enough sleep.
 b. is pretty lazy.
 c. can't save any money.
 d. leaves things until the last minute.
 e. eats too much junk food.
 f. gets plenty of exercise.

4. Complete each conversation with the correct phrase from the Vocabulary.

1. Leo: Victor, are you just starting your homework?
Victor: Sorry. I know I shouldn't leave things until the last minute ...
2. Eileen: Mmm! These chips and pretzels are so good.
Mom: Eileen! Those foods aren't good for you. I suggest you stop ... and have a healthy snack.
3. Max: I really want to buy that new X80 tablet, but it's so expensive.
Lester: Well, if you start ... now, you can buy it later.
4. Sophia: I'm so tired. I didn't ... last night.
Mr. Tyler: I suggest ..., like running or swimming. It helps you sleep better.