

# 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.