2 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.

LIVEWORKSHEETS