

1. **Max** Hi, Carl. How is it going (go)?
- Carl** Great. What            you            (do)?
- Max** Oh. I            (try) to get in shape before graduation.
- Carl** So            you            (try) to lose weight?
- Max** Yeah, a little. I            (want) to look good in the photo.  
So this month I            (exercise) and            (eat) salads.  
And I            (cut) down on fried food and things like that.
- Carl** Good for you. You know, I            (read) an interesting book  
about healthy eating right now.            you            (want)  
to borrow it?
- Max** Sure. Thanks. But you always            (look) so good.  
You            (not need) to lose weight.
- Carl** Well, it's probably because I usually            (eat) healthy  
foods and I            (exercise) most days.



2. Doctor So, Paul, you \_\_\_\_\_ (want) to improve your lifestyle.
- Paul Yes, I \_\_\_\_\_ (need) to get into shape. I know I \_\_\_\_\_ (not get) enough exercise right now, but I \_\_\_\_\_ (not have) the energy.
- Doctor So, what exercise \_\_\_\_\_ you \_\_\_\_\_ (do) these days?
- Paul Actually, I \_\_\_\_\_ (not get) any exercise at all. I \_\_\_\_\_ (work) on a big project for my job, and I \_\_\_\_\_ (not have) a lot of time. Life's kind of stressful right now.
- Doctor So how \_\_\_\_\_ you usually \_\_\_\_\_ (cope) with stress?
- Paul Well, right now, I \_\_\_\_\_ (not cope) really. Usually I \_\_\_\_\_ (not eat) a lot of snacks and chocolate, but I \_\_\_\_\_ (eat) a lot of them now.
- Doctor So \_\_\_\_\_ you usually \_\_\_\_\_ (have) a healthy diet?
- Paul Well, it's not bad, I guess. I \_\_\_\_\_ (love) red meat, and I \_\_\_\_\_ (eat) that every day. I \_\_\_\_\_ really \_\_\_\_\_ (not like) vegetables, so I \_\_\_\_\_ often \_\_\_\_\_ (not eat) them.
- Doctor Well, I think you \_\_\_\_\_ (need) to eat a balanced diet and to get more exercise. Try this plan for four weeks. Then come back in two weeks so we can review it.
- Paul OK. Thanks.

