

Writing about your lifestyle

4 – Sharing Information



Name: _____

Date: _____

Instructions: 1. Write 4-5 sentences about your lifestyle. You can use the words below.
2. Then complete the checklist on page 89.

- exercise
- sleep
- servings
- vegetables
- healthy
- stress
- smoke
- junk food

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CLB 3L Skill-Using Activity: Checklist

Instructions: 1. Read the sentences below and check your writing from page 88.
2. Put a ☒ if you included each criteria or an ☐ if you did not.



1. I wrote 4-5 sentences about
my lifestyle. ☐

2. I used some connected sentences
with "and", "but" or "also". ☐

3. I checked my spelling and
punctuation. ☐

4. I used wrap-around text. ☐