“Changes in Routine”

Instructions: Listen to the audio and answer the questions using short answers.

1. What was the speaker’s routine like before?

2. Did the speaker exercise before?

3. What did the speaker often skip?

4. What does the speaker do in the morning now?

5. What do they eat now?

6. What do they do in the afternoon?

7. What do they do less now?

8. How does the speaker describe their current routine?

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