

TASK (4)

Health

- a go on a diet
- b lose weight
- c give up junk food

Exercise

- d join a gym
- e do more exercise
- f take up a sport

Friends

- g spend more time with friends
- h make new friends
- i be kinder to friends

Hobbies and free time

- j start a new hobby
- k watch less television
- l learn a new language or skill

Study

- m study harder
- n spend more time on homework
- o listen more in class

Stress

- p go to bed earlier
- q relax more
- r worry less



Example: Speaker 1: I've decided to do more exercise this year.

Speaker 1

e

Speaker 2

Speaker 3

Speaker 4

Speaker 5

Speaker 6

Speaker 7

Speaker 8

Speaker 9

