

1 You might be healthier if you knew how much/many:

- a)** steps you took. **d)** people you met.
- b)** books you read. **e)** hours you slept.
- c)** food you ate.

2 Dr. Fong goes to a sports store to:

- a)** see some apps. **b)** look at how bicycles can improve health.

3 Blaine Price shows Dr. Fong apps that measure:

- a)** steps you take. **c)** your food.
- b)** your sleep. **d)** information about your heart.

4 The program also mentions apps that can measure:

- a)** your blood-alcohol level. **c)** your telephone use.
- b)** how high you can jump.