

- 1 You might be healthier if you knew how much/many:
- a) steps you took.
 - b) books you read.
 - c) food you ate.
 - d) people you met.
 - e) hours you slept.
- 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.
 - b) your sleep.
 - c) your food.
 - d) information about your heart.
- 4 The program also mentions apps that can measure:
- a) your blood-alcohol level.
 - b) how high you can jump.
 - c) your telephone use.