

Kate's journey to health

Kate 1. (has never been , had never been , was never being) very good at taking care of herself. She was a grade 12 student 2. (whose , who , which) divided her time between her studies, her friends, and her phone. She loved her phone more than life itself! Her friends and teachers often 3. (commented , comments , commenting) on the bags under Kate's eyes. She would say that it was from studying late at night, but she knew that, in reality, it was from the never-ending, late-night scrolling, and also from her terrible diet. She very rarely ate dinner with her family, 4. (she prefers , she has preferred , preferring) to snack late at night on junk food. 5. (Along , Aside , Regardless) with the exhaustion, her grades were starting to suffer, and Kate 6. (had begun realizing , was beginning to realise , begins to realise) she had a big, big problem.

7. (Never having care , Having never cared , Never had cared) about her health before, she didn't know where to start. Despite being a smart girl, she 8. (had a good idea , was having some ideas , had no real idea) about what a healthy diet entailed. She knew that she had 9. (neither the knowledge nor , either the knowledge or , both the knowledge and) the experience to solve this problem alone, so she decided to enlist the help of a 10. (pharmacist , nutritionist , orthodontist).

To her surprise, Kate 11. (was told , told , is telling) that she was in a calorie 12. (defiant , deficit, deceit) meaning that she was not getting sufficient calories per day. The doctor also told Kate that while some teenage girls attempt to survive on 1,500 calories per day, it 13. (is reported , would be reported , has been reported) recently that 2,200 is the absolute minimum number of calories that they should get.

Looking back, she knew that this made sense. Of course, the sheer exhaustion she had felt 14. (won't have been , couldn't have been , must have been) from lack of sleep alone. She truly wished she 15. (had paid , was paid , would pay) more attention in Health Science class before, but, 16. (to be not able to , being unable , not being able to) change the past, she focused on the future, "by the end of this year, I 17. (will have changed , would have changed , would be changed) my diet completely. No more late night Mappy D's!"

The next major obstacle was, of course, Kate's extreme dependency on her phone. If only she 18. (hadn't ignored , had ignored , did ignored) all of the advice about setting personal screen limits! It's not 19. (as though she had , as if she hadn't , like she didn't) seen the warnings about excessive phone use. Anyway, she was determined to change for the better. She now knew that only if she stuck to this new health regime, 20. (she would be able to , to be able to she would , would she be able to) get back on her feet and be as fit as a 21. (fiddle , filler , fox)!