

**Choose the correct option to complete each sentence:**

You \_\_\_\_\_ consult with your doctor before starting any new exercise routine.

a) should      b) should have

Last year, I \_\_\_\_\_ a bad cold, so I had to stay home from work for a week.

a) had      b) should have

It's important to \_\_\_\_\_ a balanced diet to maintain good health.

a) eat      b) ate

He \_\_\_\_\_ have eaten so much junk food yesterday; now he's feeling sick.

a) shouldn't      b) shouldn't have

She \_\_\_\_\_ drink plenty of water every day to stay hydrated.

a) must      b) must have

We \_\_\_\_\_ go for a walk after dinner to get some exercise.

a) should      b) should have

The doctor said I \_\_\_\_\_ take these antibiotics three times a day until they're finished.

a) must      b) must have

He \_\_\_\_\_ go to bed earlier if he wants to feel more rested in the morning.

a) should      b) should have

**Choose the correct option to complete the text:**

Last month, Sarah **had / must have** a fever, so she stayed home from work and rested. She should **listen / have listened** to her body's signals earlier, as she ended up getting sick. Now, she knows that she **should / should have** prioritize her health and not ignore any symptoms. She also **must take / should have taken** vitamins regularly to boost her immune system. It's important for everyone to **have eaten / eat** a balanced diet, exercise regularly, and get enough sleep to maintain good health. Remember, we **might / must** take care of our bodies to stay healthy and prevent illness.