

1. Max Hi, Carl. How is it going (go)?
Carl Great. What do you do?
Max Oh, I try to get in shape before graduation.
Carl So do you try to lose weight?
Max Yeah, a little. I want to look good in the photo.
So this month I exercise and eat salads.
And I cut down on fried food and things like that.
Carl Good for you. You know, I read an interesting book
about healthy eating right now. Do you want
to borrow it?
Max Sure. Thanks. But you always look so good.
You not need to lose weight.
Carl Well, it's probably because I usually eat healthy
foods and I exercise most days.



2. Doctor So, Paul, you _____ (want) to improve your lifestyle.



Paul Yes, I _____ (need) to get into shape. I know I _____ (not get) enough exercise right now, but I _____ (not have) the energy.

Doctor So, what exercise _____ you _____ (do) these days?

Paul Actually, I _____ (not get) any exercise at all. I _____ (work) on a big project for my job, and I _____ (not have) a lot of time. Life's kind of stressful right now.

Doctor So how _____ you usually _____ (cope) with stress?

Paul Well, right now, I _____ (not cope) really. Usually I _____ (not eat) a lot of snacks and chocolate, but I _____ (eat) a lot of them now.

Doctor So _____ you usually _____ (have) a healthy diet?

Paul Well, it's not bad, I guess. I _____ (love) red meat, and I _____ (eat) that every day. I _____ really _____ (not like) vegetables, so I _____ often _____ (not eat) them.

Doctor Well, I think you _____ (need) to eat a balanced diet and to get more exercise.

Try this plan for four weeks. Then come back in two weeks so we can review it.

Paul OK. Thanks.