1. **Max** Hi, Carl. How *is* it *going* (go)?

Carl Great. What _____ you _____ (do)?

Max Oh. I _____ (try) to get in shape before graduation.

Carl So _____ 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. _____ 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.



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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.

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