

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.



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.

