

New Year's Resolution

wake up diet friends buffet ten water
countdown smarter eighteen yesterday Interesting pasta
pretty decided read drank pizza six
whatever



Happy New Year, Jane!



Thanks! Tom. Happy New Year to you too.



How did you celebrate the new year?



I _____ to start the year off at home on a quiet note. I wanted to _____ feeling good and ready for the new year.

How about you?



Oh! You are _____ than I am. I went out with a few _____, we went to a _____ party. It was a lot of fun. There was a DJ and a live band. They had a big _____ with lots of great food. It was a blast but I _____ too much champagne, I didn't feel very good the next day.



So.. what is your New Year's resolution, Tom?



I joined the gym _____. I am going to lose _____ kilograms and get into the best shape of my life.



What kind of _____ are you going to go on?



I think I will try intermittent fasting. I _____ a lot about it. The best thing is I can eat _____ I want for _____ hours every day. I can eat _____ or _____ or anything I want. I need to drink a lot of _____ for the other _____ hours though.



Hmm.. interesting! So you can't eat for eighteen hours every day that sounds _____ tough.