

# 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.