

# SHOULD, MUST, OR HAVE TO? HEALTHY HABITS

Complete each sentence with "should", "must", or "have to".

Pay attention to the hints in each sentence.

1. My doctor recommends that I drink more water, so I \_\_\_\_\_ drink at least two liters every day.
2. At this gym, it is a rule that everyone \_\_\_\_\_ clean the equipment after using it.
3. If you want to have more energy during the day, you \_\_\_\_\_ eat a healthy breakfast.
4. My dentist told me I \_\_\_\_\_ wear a mouth guard while I sleep because I grind my teeth.
5. Your teacher says you look tired. She thinks you \_\_\_\_\_ go to bed earlier.
6. In this hospital, visitors \_\_\_\_\_ wash their hands before entering. It is mandatory.
7. My parents make me go for a walk every evening, so I \_\_\_\_\_ exercise after dinner.
8. If you want to stay healthy, you \_\_\_\_\_ eat more vegetables. 
9. At summer camp, everyone \_\_\_\_\_ wear sunscreen before going outside. It is one of the camp rules.
10. My doctor gave me these pills, so I \_\_\_\_\_ take one every morning.
11. If you often have headaches, you \_\_\_\_\_ spend less time on your phone.
12. Students \_\_\_\_\_ bring a water bottle because the school requires it.
13. Nutrition experts say we \_\_\_\_\_ avoid eating too much fast food.
14. In this laboratory, you \_\_\_\_\_ wear protective glasses. No one is allowed to work without them.
15. I \_\_\_\_\_ wake up early every weekday because my job starts at 8:00 a.m.