Since the last exercise of chapter 4 of The Quick Python Book isn't done on IDLE or command-line, I've decided to do it on this sheet in order to mention the points of each item.

1. bar(): Due to the symbol used in this name, It can't be a variable or a function.

2. varName: It can't be a variable name or a function name due to the uppercase letter.

3. VERYLONGVARNAME: It can't a variable name or a function name due to the uppercase letter; also it's too long.

4. foobar: It can be both a variable and a function name and it's a good option.

5. longvarname: Although it can be both a variable and a function name, it's not a clear name. It would be better if some parts were divided by underscores.

6. foo_bar(): It can be both a variable and a function name and it's a good option.

7. really_very_long_var_name: Although it could be both a variable and a function name, it's not recommended because of being too long.