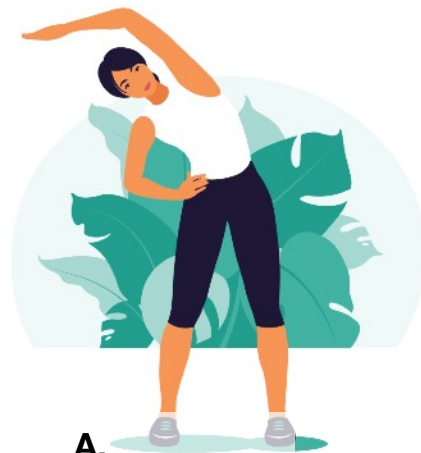


## Exercise 1

Match the pictures and the words from the box.

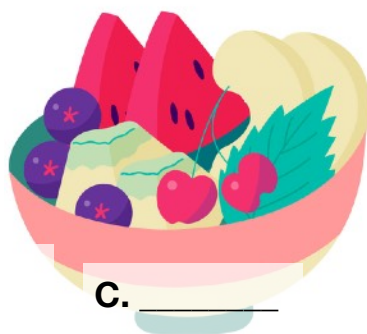
eat well, drink sugary drinks, eat junk food,  
have a good sleep, exercise, have too much  
screen time, meet new people, feel stressed



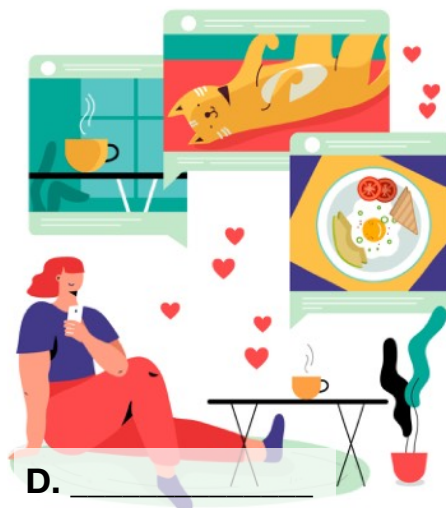
A. \_\_\_\_\_



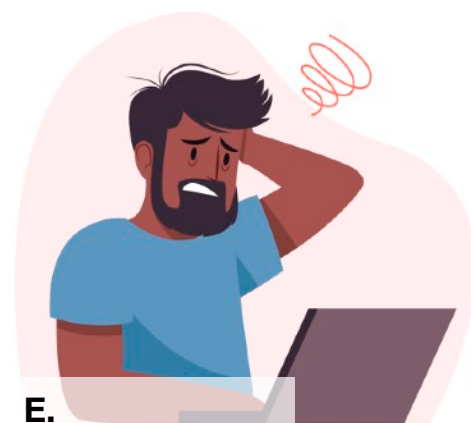
B. \_\_\_\_\_



C. \_\_\_\_\_



D. \_\_\_\_\_



E. \_\_\_\_\_



F. \_\_\_\_\_



G. \_\_\_\_\_



H. \_\_\_\_\_

Sort the phrases into two groups: one for healthy habits and the other for unhealthy habits.

## Exercise 2

Complete the collocations with missing words from Exercise 1.

1. - new people, - for lunch, - a friend
2. - stressed, - happy, - good
3. have a good -, get enough -, - well, go to - early
4. have too much -, limit -, have little -
5. do some -, light -, regular -, - daily
6. - well, - junk food, - healthy food
7. drink -, avoid -, like -

### Exercise 3

Complete the sentences with your own ideas.

Then work in pairs and compare your answers.

1. My good habits are... *eating well*
2. My bad habits are... *drinking sugary drinks often*
3. I'd like to start... *exercising daily*
4. I'd like to stop... *eating junk food*

### Exercise 4

Watch the video [<https://www.youtube.com/shorts/AQyre7TBwHA>] and the tick 75 Soft Challenge rules.



1. Eat well
2. Meet one new person every day
3. One cheat meal per week
4. Drink alcohol only with friends
5. Spend only 75 min. a day on social media
6. 45-minute exercise every day
7. Try a new hobby every day
8. Get enough sleep
9. One day of recovery every week
10. Drink 3 litres of water
11. Read 10 pages of any non-fiction book
12. No sugar for 75 days

### Exercise 5

Complete the sentences with the words from the box.

Then watch the video again and check your answers.

each, once, per, daily, for

1. Eat well in general with one cheat meal \_\_\_\_\_ week.
2. Avoid alcohol except \_\_\_\_\_ social occasions.
3. Exercise \_\_\_\_\_ for 45 minutes each day with one day of active recovery each week.
4. Drink 3 litres slash 1 gallon of water \_\_\_\_\_.
5. Read 10 pages of any non-fiction book \_\_\_\_\_ day.

## Exercise 6

Complete the paragraph with the missing words from the lesson.

I'm doing the 75 Soft Challenge, I'm on the Day 21 and I'd like to tell you how it's going. I eat **h**\_\_\_\_\_ **f**\_\_\_\_\_ most of the time, but it's hard not to eat **j**\_\_\_\_\_ **f**\_\_\_\_\_ sometimes. I also try not to **d**\_\_\_\_\_ alcohol, but when my friends invite me out, I can't say no. I **e**\_\_\_\_\_ for 45 minutes daily, but there are days when I feel **t**\_\_\_\_\_ and don't want to. I also have to **d**\_\_\_\_\_ a lot of water, but sometimes I drink **s**\_\_\_\_\_ **d**\_\_\_\_\_. And reading 10 pages of a non-fiction book **d**\_\_\_\_\_ sounds easy, but some days I'm too **s**\_\_\_\_\_. Overall, it's not easy, but very interesting!

## Exercise 7

Work in pairs and create the rules for your own challenge.

Choose 5 rules that you would like to do to make your life better.

### \_\_\_\_\_ -DAY SELF-CARE CHALLENGE

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

Now change the partners and compare your challenges.  
How many similar rules do you have?

