Create an Exercise Program

A2 · Speaking · WORKSHEET

Name: _____ Date: _____

1. Choose the best sentence.

Choose the sentence that fits.

1. Saying the goal:
   Choices: My goal is to stay fit. / My goal is stay fit. / My goal to fit.

   Answer: _____

2. Planning a day:
   Choices: On Monday I go running for 30 minutes. / Monday I am go running. / On Monday I running 30.

   Answer: _____

3. Giving advice:
   Choices: You should warm up first. / You should to warm up. / You shoulds warm up.

   Answer: _____

4. Linking:
   Choices: First I stretch, then I run, and finally I rest. / First stretch, and I run, finally. / I first stretch run rest.

   Answer: _____

2. Complete the plan.

Write one word.

1. My ___ is to get stronger.

2. On Wednesday I ___ yoga.

3. I run ___ 30 minutes.

4. You ___ drink water after exercise.

3. Your program.

Write a three-day exercise plan.

1. Write your goal.

3. Your program. (continued)

2. Write three days and activities.

3. Write two pieces of advice.