



## Quick Chat: Episode 007

*Do you exercise?*

### Study Guide

<https://atozenglishpodcast.com/do-you-exercise/>

Use your dictionary to write definitions for the vocabulary words below.

1. exercise	
2. chores	
3. oversleep	
4. crave	
5. ecstatic	

Use the vocabulary words above to write five sentences.

1.
2.
3.
4.
5.

Fill in the blanks.

Kevin: ...Today, I've been \_\_\_\_\_ a lot of people in our WhatsApp \_\_\_\_\_ talk about **exercise**...

Jack: ...Usually, I'm \_\_\_\_\_ a lot of **chores** around the house on the \_\_\_\_\_...

Jack: ...I **overslept** one day, but I \_\_\_\_\_ after I got up to \_\_\_\_\_ the missed day...

Jack: ...a \_\_\_\_\_ is when you **crave** sweet food...

Jack: ...If I could get \_\_\_\_\_ back there, I \_\_\_\_\_ be **ecstatic**...

### Discussion Questions

1. Do you exercise?

2. What kinds of exercises do you do?

3. How often do you exercise?



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### Study Guide Answer Key

<https://atozenglishpodcast.com/do-you-exercise/>

Use your dictionary to write definitions for the vocabulary words below.

1. exercise	<i>Moving your body to keep in shape</i>
2. chores	<i>Household jobs like cleaning the house</i>
3. oversleep	<i>To sleep too late and miss an appointment</i>
4. crave	<i>To want something very badly</i>
5. ecstatic	<i>very, very happy</i>

Use the vocabulary above to write five sentences.

- 1.
- 2.
- 3.
- 4.
- 5.

Fill in the blanks.

Kevin:	<i>...Today, I've been <b>seeing</b> a lot of people in our WhatsApp <b>group</b> talk about <b>exercise</b>...</i>
Jack:	<i>...Usually, I'm <b>doing</b> a lot of <b>chores</b> around the house on the <b>weekend</b>...</i>
Jack:	<i>...I <b>overslept</b> one day, but I <b>exercised</b> after I got up to <b>make up for</b> the missed day...</i>
Jack:	<i>...a <b>sweet tooth</b> is when you <b>crave</b> sweet food...</i>
Jack:	<i>...If I could get <b>halfway</b> back there, I <b>would</b> be <b>ecstatic</b>...</i>

### Discussion Questions

1. Do you exercise?
2. What kinds of exercises do you do?
3. How often do you exercise?