



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

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

Discussion Questions

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