

Your Physical Fitness



PART 1: Answer each of the following questions in **complete sentences**.

- 1) What kind of exercise do you do?

- 2) How often do you exercise?

- 3) Do you try to eat healthy meals? Why or why not?

- 4) Do you usually get enough sleep at night? How many hours of sleep do you like to get?

- 5) How do you usually feel after you exercise? energetic? relaxed? tired? hungry?

Part 2: Now interview your partner and write your partner's answers.

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

