

**1. Are these statements true (T) or false (F)?**

- a) First, Paula has her breakfast and then she feeds her daughter.
- b) Gary and Paula take Isla to kindergarten after her morning run.
- c) Paula writes in her training journal after every run.
- d) Paula eats large meals and she often eats snacks.
- e) After having dinner, Gary gives Isla her bath.
- f) Paula goes to bed at half past eleven.

T	F
T	F
T	F
T	F
T	F
T	F

**2. Answer the question.**

- a) What time does Paula get up?

.....

- b) How often does she have a cold bath?

.....

- c) What does Paula write in her training journal?

.....

- d) What does Paula do in the evening?

.....

- e) Do you like running? Why? Why not?

.....

