

Pretest: Part 5

Read this journal entry written by a boy's grandfather. Then answer questions about the journal entry. Choose the best answer for Numbers 1 through 12.

June 21

Two days ago, I went to my doctor for my annual physical. This was a routine visit and, as in previous years, I expected to have routine results. But this was not to be.

After my exam, Dr. Ramos invited me into her office to discuss the status of my health. She did most of the talking, though. The bottom line? I have to change some of my unhealthy habits. The doctor explained that my weight and blood pressure are too high. If I lose at least 25 pounds, she believes my blood pressure will return to normal. After learning about my health problems, the doctor discussed two major changes I must make. I have to exercise more and improve my diet. Of the two, I was more worried about succeeding with the exercise. How would I ever commit to walking two miles every day? Other than occasional yard work, my exercise program mainly consists of short walks from the couch to the refrigerator and back.

Today, Father's Day, the exercise issue was solved in a unique way. My grandson, Mitchell, came to the rescue. I wasn't at all surprised. He often comes up with creative ways to help family and friends.

This afternoon, Mitchell presented me with a card that contained a handwritten note. The note described his gift, a gift of himself. I plan to save Mitchell's note in my journal for those days when I need help staying committed to my healthy new lifestyle.

Dear Gramps,
Your Father's Day gift from me is a walking gift. I hereby promise to walk two miles with you at least five times each week for one year. This will not only help you, but will also help me keep in shape for the track team.

Love,

Mitchell, your walking partner
P.S. When the winter weather makes it difficult to get outside, you and I can walk indoors at the mall. This way, we have no excuses for missing a day. How's that for good thinking?