A New Morning Habit (A2 · English A2)

Tekst / Transcript

Mia: Good morning, Ben. You look tired today.

Ben: Hi, Mia. I was asleep on the sofa at nine o'clock last night. Then I woke up at two.

Mia: That happens to me too. My daily routine starts too early.

Ben: What time do you get up?

Mia: At six. I make coffee and I read for twenty minutes.

Ben: That is a nice habit. I only look at my phone.

Mia: I want to change my lifestyle. I eat too much bread and sugar.

Ben: Me too. My doctor says I am a little fat now.

Mia: My doctor says the same words to me! But we are not sick.

Ben: No, we are fine. I want to be fit again, like at school.

Mia: You were fast then. You ran with the team every week.

Ben: Yes, and I felt alive and happy after every run.

Mia: So let's run together on Saturday morning.

Ben: Good idea. We can enter the park by the small gate.

Mia: Perfect. It is a quiet place and the air is fresh.

Ben: For me a run is a big adventure. I am not a young boy anymore.

Mia: We are both adults now, but we can still try.

Ben: You are right. Saturday at eight, then.

Mia: See you there. Bring water and good shoes!

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