



My Resolution

I was weak. I only did sport once a month. One day, I was sick.

The doctor said that I should do more sports. Therefore, I am now planning for this coming year. On Tuesdays, I will go running. On Thursday morning, I will go swimming. On Fridays, I will play basketball with my little sister. Then I will be strong.

I also want to be healthier so I am going to change my eating habits. I am going to eat more rice and vegetables because they are good for us. I am going to eat less junk food even though I love eating it. Junk food is bad for us. My mum said that I should also drink eight glasses of water every day too.

I am going to do what I said. Then I will be healthy and strong.

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