

## Spelling Shark 6

George couldn't \_\_\_\_\_ his eyes when he \_\_\_\_\_ sight of the \_\_\_\_\_ and \_\_\_\_\_ that it was almost \_\_\_\_\_. He had set himself 2 \_\_\_\_\_ goals of doing \_\_\_\_\_ and eating more healthily, but had \_\_\_\_\_ done very little, which was rather \_\_\_\_\_. He had \_\_\_\_\_ become lazy and had only \_\_\_\_\_ ridden his \_\_\_\_\_ during the whole of January. \_\_\_\_\_ attempts had caused him to be out of \_\_\_\_\_ after only a \_\_\_\_\_ and left him feeling quite \_\_\_\_\_. This had not been a pleasant \_\_\_\_\_. He knew that this was an \_\_\_\_\_ reaction and that he needed to \_\_\_\_\_ up his fitness levels. He had a \_\_\_\_\_ friend who was the \_\_\_\_\_ champion at cycling; perhaps he could create a \_\_\_\_\_ regime for him to follow. He would \_\_\_\_\_ it on the \_\_\_\_\_ of February, when he was due to \_\_\_\_\_ to discuss other \_\_\_\_\_ about a new breathable \_\_\_\_\_ he had invented. In the meantime, George decided to \_\_\_\_\_ with some of his own fitness ideas. He wrote several \_\_\_\_\_ to help him improve:

1. To \_\_\_\_\_ to eat 3 pieces of his \_\_\_\_\_ every day,
2. Ride my bike more \_\_\_\_\_ – a minimum of 20 \_\_\_\_\_ per day, and
3. Get more natural \_\_\_\_\_ by drinking water and going outside to \_\_\_\_\_ lots of fresh air.

George knew that this task wasn't going to be \_\_\_\_\_ - \_\_\_\_\_, but he was going to try harder to get fitter and healthier in 2016.