

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the **ANSWER SHEET**. (10 points)

Weighing yourself regularly is a wonderful way to stay aware of any significant weight fluctuations. 1, when done too often, this habit can sometimes hurt more than it 2.

As for me, weighing myself every day caused me to shift my focus from being generally healthy and physically active, to focusing 3 on the scale. That was bad for my overall fitness goals. I had gained weight in the form of muscle mass, but thinking only of 4 the number on the scale, I altered my training program. That conflicted with how I needed to train to 5 my goals.

I also found that weighing myself daily did not provide an accurate 6 of the hard work and progress I was making in the gym. It takes about three weeks to a month to notice significant changes in your weight 7 altering your training program. The most 8 changes will be observed in skill level, strength and inches lost.

For these 9, I stopped weighing myself every day and switched to a bimonthly weighing schedule 10. Since weight loss is not my goal, it is less important for me to 11 my weight each week. Weighing every other week allows me to observe and 12 any significant weight changes. That tells me whether I need to 13 my training program.

I use my bimonthly weigh-in 14 to get information about my nutrition as well. If my training intensity remains the same, but I'm constantly 15 and dropping weight, this is a 16 that I need to increase my daily caloric intake.

The 17 to stop weighing myself every day has done wonders for my overall health, fitness and well-being. I'm experiencing increased zeal for working out since I no longer carry the burden of a 18 morning weigh-in. I've also experienced greater success in achieving my specific fitness goals, 19 I'm training according to those goals, not the numbers on a scale.

Rather than 20 over the scale, turn your focus to how you look, feel, how your clothes fit and your overall energy level.

1. [A] Besides
[B] Therefore
[C] Otherwise
[D] However
2. [A] helps
[B] cares
[C] warns
[D] reduces

3. [A] initially
[B] solely
[C] occasionally
[D] formally
4. [A] recording
[B] lowering
[C] explaining
[D] accepting
5. [A] modify
[B] set
[C] review
[D] reach
6. [A] definition
[B] depiction
[C] distribution
[D] prediction
7. [A] due to
[B] regardless of
[C] aside from
[D] along with
8. [A] orderly
[B] rigid
[C] precise
[D] immediate
9. [A] claims
[B] judgments
[C] reasons
[D] methods
10. [A] instead
[B] though
[C] again
[D] indeed
11. [A] track
[B] overlook
[C] conceal
[D] report

12. [A] depend on
[B] approve of
[C] hold onto
[D] account for
13. [A] share
[B] adjust
[C] confirm
[D] prepare
14. [A] results
[B] features
[C] rules
[D] tests
15. [A] bored
[B] anxious
[C] hungry
[D] sick
16. [A] principle
[B] secret
[C] belief
[D] sign
17. [A] request
[B] necessity
[C] decision
[D] wish
18. [A] disappointing
[B] surprising
[C] restricting
[D] consuming
19. [A] if
[B] unless
[C] until
[D] because
20. [A] obsessing
[B] dominating
[C] puzzling
[D] triumphing