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TOM TOM ENGLISH



New Year Resolutions

VOCABULARY

Poll =

Asking many people
their opinion about a
topic

Preferences =

Things that you like
more than other things

Budget =

A fixed plan for
spending money

Commit =

Promise

App =

Application (for smart
phone or PC).
Japanese say "apuri"
but this is not English

Discussion questions

1. Did you make any New Year Resolutions last year? What were they? Were you successful?
2. If you were successful, tell the group how you reached your goal.
3. If you were unsuccessful, tell the group why you failed.
4. What are your New Year Resolutions for 2015? If you didn't make any yet, make at least 1 today.
5. How will you reach your goal in 2015?
6. Will you use any technology to help you with your goal? What technology will you use? Apps? PC?

VOCABULARY

Nutrition =

How food helps you live
and be healthy

Gradual =

Slowly, by degrees

Touch base =

Briefly make or renew
contact with someone

Procrastinate =

To delay or postpone
action for no good
reason

Notify =

To tell or inform
(usually formal, in
writing)

Below are Americans' most popular New Year's goals, according to a **poll**—and apps that can help you reach them.

1. Lose weight

App: Nutrino - Enter your current and target weights and food **preferences** and this app builds a personalized menu to bring you closer to your goal. (Free; iOS; Android coming soon)

2. Improve your finances

App: Budget Boss - Create a **budget** quickly and effortlessly—then watch your savings grow with easy-to-read graphs. (\$0.99; iOS)

3. Exercise

App: Human - **Commit** to moving at least 30 minutes every day with this simple app. The app uses location tracking to measure your activity and notifies you when you're done. (Free; iOS)

4. Get a new job

App: Job Search - Find open positions near you and apply from your phone. (Free; iOS, Android)

5. Eat healthier

App: Fooducate - Scan grocery barcodes and get a **nutrition** grade from A to D with this award-winning app. (Free; iOS, Android).

6. Manage stress better

App: Take a Break! - Relax with 7- or 13-minute guided meditation audio tracks that let you choose between a

voice, music, and nature sounds. (Free; iOS, Android)

7. Stop smoking

App: Quit Smoking - Enter your current smoking habits and this app will design a unique, **gradual** schedule to wean you off cigarettes. (Free; Android)

8. Improve a relationship

App: Back in Touch - Import your phone contacts and create settings on how frequently (monthly, weekly, etc.) you'd like to **touch base** with each of them. Then, the app reminds you to give them a call at the interval you chose. (\$1.99; iOS)

9. Stop **procrastinating**

App: Finish - Get stuff done with this app that lets you enter tasks and due dates (with flexible short term, mid term, and long term timelines), then reminds you until the job is done. (\$0.99; iOS)

10. Set aside time for yourself

App: BRB - Need to unplug? Download this app that lets you make a message that **notifies** your contacts you're taking a break from your phone, which is shareable via Facebook, Twitter, or text. (Free; iOS)

Adapted from www.communitytable.com