

## ABOUT US

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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](http://www.communitytable.com)