

Vocabulary	Translation / definition	Part of speech	Know this word?
addicted to	dependant on something habit-forming; unable to stop using or doing something		✗
addiction	the condition of being addicted to sth	noun	✗
bite your nails	a nervous habit that involves chewing on your fingernails		✗
break a habit	to stop doing something that is not good for you		✗
brush your teeth	to clean your teeth with toothpaste and a special brush for teeth		✗
calming	to make sb/sth become quiet and more relaxed, especially after strong emotion or excitement	verb	✗
cell phone	a telephone that does not have wires and works by radio, that you can carry with you and use anywhere	noun	✗
do exercise	to move your body with the purpose of increasing your strength or health		✗
eat with your mouth open	to chew food without closing your lips		✗
exercise	physical or mental activity that you do to stay healthy or become stronger	noun	✗
finally	after a long time, especially when there has been some difficulty or delay	adv.	✗
firstly	used to introduce the first of a list of points you want to make in a speech or piece of writing	adv.	✗
gambling	the activity of playing games of chance for money and of betting on horses, etc	noun	✗
give up	to stop trying to do sth		✗
have to	used to show that you must do sth	modal verb	✗
healthy	good for your health	adj.	✗
lifestyle	the way in which a person or a group of people lives and works	noun	✗
litter	small pieces of rubbish/garbage such as paper, cans and bottles, that people have left lying in a public place	noun	✗
lower	to let or make sth/sb go down	verb	✗
quit	to stop doing sth	verb	✗
replace	to be used instead of sth/sb else; to do sth instead of sb/sth else	verb	✗
secondly	used to introduce the second of a list of points you want to make in a speech or piece of writing	adv.	✗
shopping	the activity of going to shops/stores and buying things	noun	✗
smoking	the activity or habit of smoking cigarettes, etc	noun	✗
snack	to eat snacks between or instead of main meals	verb	✗
stress	pressure or worry caused by the problems in sb's life	noun	✗
take out the trash	to move the garbage from the inside of the house to the outside trash container		✗
thirdly	used to introduce the third of a list of points you want to make in a speech or piece of writing	adv.	✗

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tidy the house	to clean up and straighten up the things in the house	X
walk the dog	to take the pet dog out for some exercise	X
watch TV	to spend time watching TV programs	X