Task: Read the descriptions of two individuals who report on one day in their lives below and answer the questions at the end of the text.

1. PERSON NO. 1 Yesterday was Saturday, so I slept a little longer. I got up at 9 and had a sandwich for breakfast. I didn't have any specific plans for the day, so I turned on my favorite TV show and watched 3 episodes in a row. Around 12, I got hungry. I didn't have anything good to eat at home, so I got in the car and drove to the store for groceries. After returning, I reheated my favorite pizza in the microwave and ate lunch while watching another 3 episodes of the show. In the afternoon, I did the dishes and made my bed. I had some overdue work tasks, so I turned on the computer and worked for a few hours. In the evening, I noticed that I didn't have anything to drink at home, so I went to the grocery store, which is very close because it's on the same street as my house. After returning, I took a shower and went to bed. I read a few pages of a book and fell asleep.
2. PERSON NO. 2 Early in the morning, while the rest of the household was still asleep, I took the dog for a walk. On the way, I stopped by the bakery and bought fresh bread for breakfast. After a family feast, I helped my mom clear the table and put the dishes in the dishwasher. Together with my brother, I went for a bike ride to the market. We bought ingredients for lunch and returned home. After an afternoon rest, I vacuumed my room and put away my clothes in the closet. While cleaning, I listened to my favorite music, dancing to upbeat tunes. In the afternoon, I went shopping with a friend. The weather was beautiful, so we walked through the park. When I returned, I helped prepare dinner for my parents, and at the end of the day, I took a shower and went to bed early.

Questions:

1. Which person do you think is more physically active?
2. What aspects did you pay particular attention to regarding the way these people spend their time and why?
3. Which of these people uses more energy and why?
4. If you had to choose, which description is similar to your way of spending time?
5. Is there enough spontaneous physical activity in your life? If not, how could you increase its amount?