

Form a Good Habit(养成好习惯)初中升学考试 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/529/2021_2022_Form_E3_80_80a_E3_80_c64_529184.htm Form a Good Habit We can have good habits and bad habits. "Early to bed, early to rise, Makes a man healthy, wealthy and wise." This is an old English saying. It tells us that we must go to bed early and get up early. If we do it every day, we shall be healthy, rich and clever. Some people go to bed late at night and get up late in the morning. This is not good for them. We must sleep when it is dark. When daylight comes, we must get up. This is the time for exercise. If the body is not used, it becomes weak. Exercise keeps our body strong. If you want to keep healthy, you must form a good habit. 百考试题编辑整理 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com