

Hi Lucia!

Thanks for sending us your TOEFL Integrated Essay! In this report, you'll find your overall score, a score for each category, tips and feedback to improve your essay.

Also, grading essays is something new for us. We want to know how we did. Once you've reviewed your report, please take a moment to [provide us with feedback in this survey](#).

Your score: 3/5

Read through [the official TOEFL writing rubric](#) to better understand your score.

Tips and Feedback

What you did well in this essay:

- Your spelling is largely accurate, which is a great thing to see!

How to raise your score:

- You are almost 100 words over the minimum suggestion of 300 words. You might consider writing a bit less and taking more time to proofread in order to avoid errors.
- Avoid redundancy, such as:
 - "In order to achieve our **goal**, we must make progress on our **goal** each week, and it's not easy to keep such close attention on **goals**."
 - "In some cases, the **flavor** of **healthy food** is not as good as the **flavor** of **unhealthy food**."
 - "The advice of a **health coach** can really help, since the **health coach** knows how to help you achieve your goals."
- Work on elevating your prose by improving the quality of your sentences. For example,
 - "Often,, people trying to making healthy choices, but they struggling because used to something else. for them it is more difficult to refrain from junk food."
 - **Option:** "People often attempt to make healthier choices, but they struggle to overcome their bad habits."
- Review sentence construction. For instance,

- “For maintaining our health, we can exercise regularly, which is also one of the most effective ways to stay in good shape.”
 - **Option:** “Regular exercise is an effective way to maintain our health and stay in shape.”
- Avoid word omission, such as:
 - “...we can stay fit, particularly **[now that]** we are all staying at home during the pandemic.
 - “**[However]**, this argument doesn’t make sense practically.”
- Review your articles (a, an, the). For example,
 - “Achieving your goals requires [a] clear plan and a lot of motivation.”
 - “People don’t need to worry about following [the] plan perfectly.”
 - “The health coach can provide specific exercise goals and ideas about [the] kinds of foods one should add to their diet.”
- Fix spelling errors, like “eventially”, “reccomendation”, “necessarly”, “symbol, etc.

I hope the guidance in this report is helpful! :)