

# "Effort Takes Energy"

Sight Word #326 effort

When I lift weights,  
I must use **effort** to exert energy  
to get good results.

However, I do not need **effort**  
to stretch my legs.

I simply ask my wife,  
and she does it for me.

Sadly, her *effort* can not help me  
lift weights.

Talk about a time when you use *effort*?

If you do your best,  
I will give you an "A" for *effort*!

By the way, this story took little **effort**.