MIXED CONDITIONALS
HEALTHY HABITS

Complete the blanks using the correct form of the verbs in brackets to create sentences in the Zero, First, Second or Third conditionals.

1. If you _____ (drink) enough water every day, your body _____ (function) more efficiently.
2. If she _____ (go) to bed earlier tonight, she _____ (feel) much more energetic tomorrow.
3. If I _____ (have) more free time, I _____ (cook) healthy meals every evening.
4. If they _____ (exercise) regularly last year, they _____ (not / gain) so much weight.
5. If people _____ (eat) too much sugar, they often _____ (feel) tired.
6. If you _____ (stretch) before your workout, you _____ (reduce) your risk of injury.
7. If he _____ (be) less stressed, he _____ (sleep) much better.
8. If we _____ (prepare) our lunches yesterday, we _____ (not / buy) fast food today.
9. If you _____ (walk) 10,000 steps a day, you generally _____ (improve) your cardiovascular health.
10. If Emma _____ (join) the yoga class next week, she _____ (probably / make) some new friends.
11. If I _____ (know) how beneficial meditation was, I _____ (start) years ago.
12. If children _____ (spend) too much time on screens before bed, they usually _____ (sleep) less deeply.

LIVEWORKSHEETS