Past Perfect Continuous
Healthy Habits

Complete the sentences with the Past Perfect Continuous form of the verb.

1. Sarah felt energetic because she _____ every morning for three weeks. (exercise)
2. Tom was tired because he _____ enough water during the day. (not / drink)
3. We felt healthier because we _____ more vegetables for several months. (eat)
4. Before the doctor's appointment, Anna _____ regularly. (not / sleep)
5. Mark was losing weight because he _____ healthy meals at home. (cook)
6. They felt stressed because they _____ enough breaks during their workday. (not / take)
7. I felt stronger because I _____ at the gym since January. (work out)
8. Lisa was thirsty because she _____ enough water before her yoga class. (not / drink)
9. The children were full of energy because they _____ outside every afternoon. (play)
10. Peter felt exhausted because he _____ well for several nights. (not / sleep)
11. Before the marathon, the runners _____ every weekend. (train)
12. Maria's doctor was concerned because she _____ enough fruit and vegetables. (not / eat)
13. We felt relaxed because we _____ meditation every evening. (practice)
14. Jack had a headache because he _____ enough water during the week. (not / drink)
15. Emma felt much healthier because she _____ less fast food. (eat)

LIVEWORKSHEETS