Present Perfect Simple vs Present Perfect Continuous

Do not use short/contracted forms.

1. I _____ (not / finish) the housework yet. I'll join you later.
2. We _____ (study) very hard recently.
3. He _____ (promise) to help many times before.
4. She _____ (clean) the bathroom. Everything is sparkling clean.
5. _____ (you/write) your essay on global warming?
   Yes, I _____ (already/send) it to the teacher.
6. She _____ (see) all 'The Lord of the Ring' movies about ten times.
7. We _____ (paint) our bedrooms white. They look much brighter.
8. She _____ (take) Spanish lessons lately.
9. It _____ (not / snow) for three hours! Only about one hour.
10. Lilly _____ (just / leave) the party.
11. How many times _____ (you / visit) South America?
12. I _____ (call) Mike for hours with no answer. I'm so angry with him!
13. How long _____ (you/live) in New York now? For five years.
14. They _____ (know) Jack for ages.
15. You know how I hate the smell in here! _____ (somebody / smoke)?
16. How much mineral water _____ (she / buy)? 6 bottles.
17. She _____ (eat) chocolate all day long and now she feels sick.
18. I _____ (paint) my house for 3 days, but it's still not finished.
19. Mary _____ (be) at the office since 7 am.