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.
	(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	
	nell 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.
	(paint) my house for 3 days, but it's still not finished.
19. Mary	(be) at the office since 7 am.