

Choose the correct option

A: Why is your friend so tired?

B: He has prepared / has been preparing for the competition all morning.

A: How many competitions has he won / has he been winning so far?

B: He has taken / has been taking part in five international events and has won / has been winning four of them.

A: Super!

A: Is that you, Sarah? You have changed / have been changing!

B: Yes, I have done / have been doing aerobics for two years and I have lost / have been losing six kilos!

A: Well done! I have been / have been being on a diet for six months but haven't lost / haven't been losing a kilo!