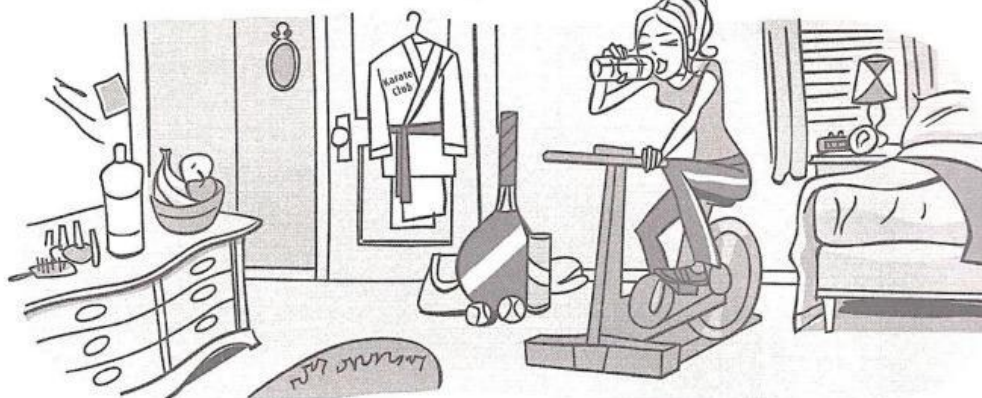


## Simple present and Present Continuous practice worksheet

- Complete the things someone says about getting in shape. Use the simple present or present continuous form of the verbs.
- My friend and I are training (train) for a marathon. I normally \_\_\_\_\_ (take) the bus to work, but these days I \_\_\_\_\_ (walk) all the way. And my friend \_\_\_\_\_ (spend) a lot of time at the gym these days.
  - I usually \_\_\_\_\_ (drink) a lot of soda, but right now, I \_\_\_\_\_ (drink) water instead.
  - This month, we \_\_\_\_\_ (get up) early, and I \_\_\_\_\_ (go) running. But generally, we both \_\_\_\_\_ (sleep) late on the weekends.
  - My friend \_\_\_\_\_ usually \_\_\_\_\_ (not eat) breakfast, but now he \_\_\_\_\_ (have) eggs every morning.
  - I \_\_\_\_\_ (love) cheesecake, but this month I \_\_\_\_\_ (not eat) desserts. Our friends \_\_\_\_\_ (complain) because we \_\_\_\_\_ (not take) cookies to school right now.
- Look at the picture. Then answer the questions with the correct form of the verbs in the box.

do karate	eat fruit	play tennis
✓drink water	exercise	try to lose weight



- What is Susan doing now to stay healthy?
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- What else does she do to stay healthy?
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_