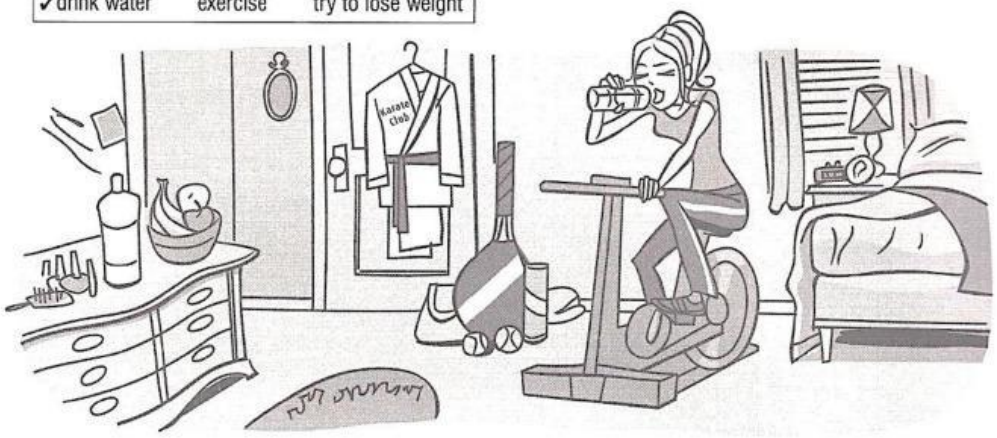
Simple present and Present Continuous practice worksheet

- Complete the things someone says about getting in shape. Use the simple present or present continuous form of the verbs.

1. 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.
2. I usually _____ (drink) a lot of soda, but right now, I _____ (drink) water instead.
3. This month, we _____ (get up) early, and I _____ (go) running. But generally, we both _____ (sleep) late on the weekends.
4. My friend _____ usually _____ (not eat) breakfast, but now he _____ (have) eggs every morning.
5. 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



1. What is Susan doing now to stay healthy?
   a. _____
   b. _____
   c. _____
2. What else does she do to stay healthy?
   a. _____
   b. _____
   c. _____

LIVEWORKSHEETS