HEALTHY HABITS
FIRST CONDITIONAL



Complete the sentences using the correct form of the verbs in brackets to form the First Conditional.

1. If you _____ (drink) enough water every day, you _____ (feel) more energetic.
2. If she _____ (go) to bed before 10:30, she _____ (wake up) more easily.
3. If they _____ (eat) more vegetables, they _____ (have) more energy.
4. If we _____ (exercise) three times a week, we _____ (be) healthier.
5. If he _____ (not/sleep) at least seven hours, he _____ (feel) tired tomorrow.
6. If you _____ (walk) instead of driving, you _____ (burn) more calories.
7. If my brother _____ (cut down) on sugar, he _____ (lose) some weight.
8. If I _____ (prepare) healthy lunches, I _____ (not/buy) fast food.
9. If Anna _____ (stretch) every morning, she _____ (have) less back pain.
10. If we _____ (not/use) our phones before bed, we _____ (sleep) better.
11. If you _____ (wash) your hands before eating, you _____ (reduce) the risk of getting sick.
12. If Tom _____ (take) regular breaks while studying, he _____ (concentrate) better.

LIVEWORKSHEETS