

PAST PERFECT

HEALTHY HABITS



Complete the sentences with the Past Perfect form of the verb in brackets.

1. Before she joined the gym, she _____ enough water every day.
(not drink)
2. By the time the doctor saw him, he _____ all the vegetables on
his plate. (eat)
3. They _____ any exercise before they signed up for yoga
classes. (not do)
4. After Maria _____ her morning walk, she felt more energetic. (finish)
5. We _____ breakfast before leaving for our hiking trip. (eat)
6. Jake was tired because he _____ well the night before. (not sleep)
7. By the end of the month, I _____ sugary drinks completely. (stop)
8. She _____ sunscreen before going to the beach, so she got
sunburned. (not put on)
9. Before the cooking class, they _____ a healthy meal by
themselves. (never prepare)
10. My grandparents _____ smoking many years before they
retired. (quit)
11. Emma _____ any fruit before lunchtime, so she felt hungry.
(not eat)
12. Before the race started, the runners _____ for several weeks. (train)
13. He _____ enough rest before returning to work. (get)
14. We _____ meditation before our friend recommended it. (not try)
15. By the time I visited the dentist, I _____ my teeth twice that
day. (brush)