PRESENT PERFECT CONTINUOUS
HEALTHY HABITS

Complete the sentences with the correct form of the verbs in parentheses. Use the Present Perfect Continuous.

1. Sarah _____ for 30 minutes every morning. (exercise)
2. I _____ more water recently because I want to stay hydrated. (drink)
3. They _____ healthy meals at home instead of eating fast food. (cook)
4. Tom _____ to bed earlier this week. (go)
5. We _____ more fruit and vegetables lately. (eat)
6. Maria _____ yoga three times a week since January. (do)
7. You _____ too much coffee recently. You should drink more water. (drink)
8. My parents _____ every evening after dinner. (walk)
9. Jake _____ less sugar because he wants to improve his diet. (eat)
10. I _____ better since I started exercising regularly. (sleep)
11. The students _____ healthy snacks instead of sweets. (choose)
12. Emma _____ meditation every morning to reduce stress. (practice)
13. We _____ more carefully about what we eat lately. (think)
14. Daniel _____ his screen time before going to bed. (reduce)
15. My sister _____ to work instead of taking the bus. (cycle)
16. The children _____ more vegetables since their parents started cooking healthier meals. (eat)



LIVEWORKSHEETS