

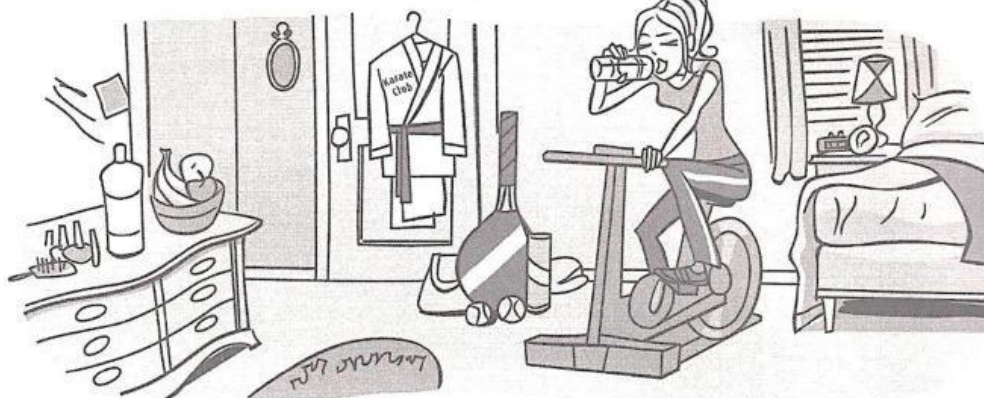
Simple present and Present Continuous practice worksheet

- 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?
 - _____
 - _____
 - _____