

Worksheet: Describing Activities Using the Present Perfect Progressive

Instructions: Imagine a person named Alex. Use the present perfect progressive tense to describe what Alex has been doing over the past week. Read the prompts and write a sentence for each one.

Example:

Prompt: Study English

Answer: Alex has been studying English for the past week.

Exercise at the gym.

Work on a project

Read a novel

Cook new recipes

Watch a TV series

Learn to play the guitar

Plan a vacation

Clean the house
