

Use the Present Perfect Simple or the Present Perfect Continuous to speak about states or actions up to now with *for*, *since*, or *How long*.

1. How long _____ she _____ (to jog) in the park?
2. How long _____ it _____ (to be) since you last saw him?
3. We _____ (to wait) for the bus for 20 minutes.
4. He _____ (to fix) his car since this morning.
5. How long _____ you _____ (to mix) the ingredients?
6. How long _____ you _____ (to bake) cakes?
7. How long _____ she _____ (to knit) that sweater?
8. She _____ (to hate) horror movies for as long as I can remember.
9. How long _____ you _____ (to wait) for the bus?
10. How long _____ you _____ (to like) this band?
11. How long _____ you _____ (to sketch) in your notebook?
12. They _____ (to argue) about the same issue since last night.
13. He _____ (to own) this car for five years.
14. We _____ (to paint) the walls for two days.
15. They _____ (to build) their house since last year.
16. I _____ (to like) this band since I first heard their music.
17. He _____ (to be) my neighbor for over a decade.
18. The kids _____ (to play) outside since noon.
19. We _____ (to need) a vacation for months.
20. He _____ (to talk) on the phone since 7 p.m.
21. We _____ (to be) best friends since high school.
22. She _____ (to love) chocolate since she was a child.
23. How long _____ he _____ (to tune) his guitar?
24. How long _____ she _____ (to braid) her hair?
25. How long _____ they _____ (to be) married?
26. He _____ (to want) to travel to Japan since he watched that documentary.
27. I _____ (to know) her since we were kids.
28. How long _____ you _____ (to sweep) the floor?
29. How long _____ you _____ (to know) him?
30. My parents _____ (to have) this house for 30 years.
31. I _____ (to watch) this TV series for weeks.
32. She _____ (to write) her novel for six months.
33. She _____ (to have) that necklace since her grandmother gave it to her.
34. How long _____ they _____ (to climb) the mountain?
35. How long _____ he _____ (to need) glasses?