PRESENT PERFECT
HEALTHY HABITS

Complete the sentences with the correct form of the verbs in brackets in the Present Perfect.

1. She _____ (drink) two liters of water every day this week.
2. They _____ (not / eat) fast food since last month.
3. I _____ (start) going to the gym recently.
4. He _____ (not / sleep) enough during the past few days.
5. We _____ (cook) healthy meals at home all week.
6. My parents _____ (not / try) yoga before.
7. Sarah _____ (lose) five kilos this year.
8. I _____ (not / have) a sugary drink today.
9. You _____ (improve) your fitness a lot.



10. Tom _____ (not / exercise) since he hurt his knee.
11. My sister _____ (join) a swimming club.
12. We _____ (not / forget) to eat breakfast this week.
13. The children _____ (spend) more time outdoors recently.
14. I _____ (not / feel) stressed since I started meditating.
15. My friend _____ (give up) smoking.
16. They _____ (not /visit) the doctor this year because they have stayed healthy.
17. She _____ (learn) several healthy recipes.
18. We _____ (not / miss) our morning walks this month.
19. I _____ (become) more active since I bought a bicycle.
20. My classmates _____ (not / drink) enough water today.

LIVEWORKSHEETS