ZERO CONDITIONAL
HEALTHY HABITS



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

1. If you _____ (drink) enough water, you _____ (feel) better.
2. If people _____ (eat) too much sugar, they _____ (have) less energy.
3. If you _____ (go) to bed early, you _____ (wake up) feeling rested.
4. If we _____ (exercise) every day, we _____ (stay) healthy.
5. If she _____ (eat) vegetables every day, she _____ (feel) stronger.
6. If he _____ (not wash) his hands before eating, he _____ (get) sick.
7. If you _____ (brush) your teeth twice a day, your teeth _____ (stay) clean.
8. If they _____ (sleep) eight hours, they _____ (have) more energy.
9. If I _____ (eat) breakfast, I _____ (not feel) hungry before lunch.
10. If the weather _____ (be) sunny, we _____ (go) for a walk.
11. If you _____ (do) yoga, you _____ (feel) relaxed.
12. If children _____ (play) outside, they _____ (get) fresh air.
13. If we _____ (eat) fast food every day, we _____ (not feel) healthy.
14. If he _____ (drink) coffee at night, he _____ (not sleep) well.
15. If I _____ (take) a healthy lunch to school, I _____ (eat) better.
16. If people _____ (smoke), they _____ (damage) their lungs.
17. If you _____ (wear) sunscreen, you _____ (protect) your skin.
18. If she _____ (ride) her bike to work, she _____ (get) exercise.
19. If we _____ (spend) too much time on our phones, we _____ (not sleep) well.
20. If you _____ (stretch) before exercise, your muscles _____ (feel) better.

LIVEWORKSHEETS