PRESENT CONTINUOUS
HEALTHY HABITS

Fill in the blanks with the Present Continuous form of the verb in brackets.

1. I _____ a healthy breakfast this morning. (eat)
2. They _____ in the park after work. (run)
3. My brother _____ enough water today. (drink)
4. We _____ vegetables for dinner tonight. (cook)
5. She _____ yoga in the living room. (do)
6. You _____ too many sugary drinks this week. (not / have)
7. The children _____ outside because the weather is nice. (play)
8. He _____ to the gym with his friend now. (go)
9. My parents _____ a new healthy recipe. (try)
10. I _____ on the sofa today. I want to stay active. (not / sit)
11. The doctor _____ about healthy eating at the moment. (talk)
12. We _____ a long walk after lunch. (take)
13. She _____ enough sleep these days. (get)
14. They _____ fresh fruit for a snack now. (choose)
15. My friend _____ because she wants to stay fit. (swim)
16. You _____ your hands before lunch. (wash)
17. I _____ less fast food this month. (eat)
18. The students _____ their bicycles to school today. (ride)
19. He _____ TV right now. He is exercising instead. (not / watch)
20. We _____ our lunches at home today. (prepare)

LIVEWORKSHEETS