Past Perfect or Present Perfect?

Healthy Habits

Complete the sentences with the Past Perfect or Present Perfect form of the verb.

1. Sarah felt much healthier after she _____ more vegetables for several weeks. (eat)
2. I _____ already _____ eight glasses of water today, so I don't need another one. (drink)
3. Before Tom started going to the gym, he _____ never _____ regularly. (exercise)
4. We _____ healthier snacks since we started our new diet. (choose)
5. When Maria went to bed last night, she realized that she _____ any exercise that day. (not do)
6. Jack _____ recently _____ his daily routine to include more physical activity. (change)
7. By the time the doctor saw Anna, she _____ a healthier diet for three months. (follow)
8. I _____ never _____ so much water in one day before! (drink)
9. After they _____ enough sleep for several nights, they had much more energy. (get)
10. My parents _____ smoking, and they feel healthier now. (give up)
11. Before the race started, Paul _____ a healthy breakfast and drunk plenty of water. (eat)
12. She _____ yoga three times this week to reduce stress. (do)



LIVEWORKSHEETS