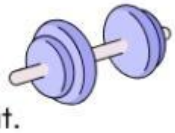
MIXED TENSES REVIEW
HEALTHY HABITS

Complete each sentence with the correct form of the verb in brackets in the Present Simple, Present Continuous, and Present Perfect.

1. Emma usually _____ (drink) plenty of water throughout the day, especially when she is at work.



2. Look! Daniel _____ (stretch) before his morning workout.
3. I _____ (already / cut) down on sugary snacks, and I feel much more energetic now.
4. My sister _____ (go) for a 30-minute walk every evening after dinner.
5. We _____ (try) to eat more vegetables this month because we want to improve our diet.
6. Sarah _____ (not / eat) fast food very often because she prefers cooking at home.
7. How long _____ you _____ (follow) a regular exercise routine?
8. At the moment, my parents _____ (prepare) healthy meals for the whole week.
9. Tom _____ (never / skip) breakfast because he believes it helps him concentrate at work.
10. I _____ (reduce) the amount of coffee I drink recently, and I'm sleeping better.
11. Why _____ you _____ (use) the stairs instead of the lift today?
12. Our fitness instructor always _____ (recommend) getting enough sleep and taking regular breaks during the day.

LIVEWORKSHEETS