TO and FOR: Expressing Purpose

My Smartwatch

My name is Laura, and I use my smartwatch every day. I bought it because I wanted to make my daily life easier.
I use my smartwatch to check the time and to see my messages quickly. I also use it to count my steps and to track my exercise. In the morning, I use the alarm to wake up on time.
My smartwatch is also useful for exercise. I use it for tracking my heart rate and for counting my steps. I sometimes use it for listening to music when I go for a walk.
I don't use my smartwatch only for fun. I use it to organize my day, to remember important appointments, and to stay active.

Grammar: Expressing Purpose with TO and FOR

We use to and for to explain the purpose of an action or thing. They answer: Why? / What is the purpose?

1. TO + BASE VERB

Use to + verb for the purpose of an action.
Examples: I use my phone to call my friends. / She went to the store to buy some food. / I use my smartwatch to track my exercise.
Remember: TO + VERB. ✓ to study ✓ to work ✓ to exercise. ✗ to studying ✗ to worked

2. FOR + NOUN

Use for + noun for the purpose of a thing or activity.
Examples: This app is for exercise. / This room is for meetings. / I use my phone for communication.

3. FOR + -ING

Use for + verb-ing to describe the function or purpose of a thing.
Examples: This app is for tracking your steps. / A smartwatch is useful for checking your heart rate. / This machine is for making coffee.
Important: After for, use the -ing form. ✓ for listening ✓ for studying ✗ for listen ✗ for study

TO vs. FOR

TO + Verb	FOR + Noun / -ing
I use my phone to call my mom.	I use my phone for communication.
I use my watch to track my steps.	I use my watch for tracking my steps.
She went to the gym to exercise.	The gym is for exercise.
He uses the computer to study.	The computer is for studying.

LIVEWORKSHEETS

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Exercise 1 – Choose TO or FOR

1. I use my phone ___ call my friends. a) to b) for
2. This app is ___ exercise. a) to b) for
3. She uses her smartwatch ___ track her steps. a) to b) for
4. This machine is ___ making coffee. a) to b) for
5. I went to the store ___ buy some milk. a) to b) for
6. My laptop is ___ studying English. a) to b) for

Exercise 2 – Complete with TO + Verb

Word Bank: check • exercise • learn • call • wake up • remember • track • listen

1. I use my phone _____ my mother.
2. She uses her smartwatch _____ her steps.
3. I set an alarm _____ on time.
4. We use apps _____ English.
5. He goes to the gym _____.
6. I use my calendar _____ important dates.

Exercise 3 – Complete with FOR + Noun or -ING

1. This app is useful _____ exercise.
2. My smartwatch is _____ tracking my heart rate.
3. This room is _____ meetings.
4. I use my phone _____ communication.
5. This website is _____ learning English.
6. This machine is _____ making coffee.

Exercise 4 – Rewrite the Sentences

Example: I use my phone to take photos. (for) → I use my phone for taking photos.

1. I use my smartwatch to track my steps. (for) → _____
2. She uses her laptop to study English. (for) → _____
3. He uses his phone for communication. (to) → _____
4. This app is for tracking your exercise. (to) → _____
5. I use my alarm to wake up early. (for) → _____
6. This machine is for making coffee. (to) → _____

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