

Tense	Format	Example	When & Where to Use It
Past Perfect	had + past participle	She had eaten before she left.	To show an action that happened before another past action .
Past Perfect Continuous	had been + verb-ing	She had been eating for 15 minutes.	To emphasize duration before a past event.
Simple Past	verb (past form)	She ate at 7 a.m.	For completed actions in the past at a specific time.
Past Continuous	was/were + verb-ing	She was eating when I called.	For ongoing past actions interrupted by another action.
Present Perfect	has/have + past participle	She has eaten already.	For actions that happened at an unspecified time before now; the result matters now.
Present Perfect Continuous	has/have been + verb-ing	She has been eating since 7.	To show how long something has been happening up to now .
Simple Present	verb (base) / verb+s	She eats at 7 a.m.	For habits, facts, and routines .
Present Continuous	am/is/are + verb-ing	She is eating right now.	For actions happening now or around now .
Future Perfect	will have + past participle	She will have eaten by 8 a.m.	To show that an action will be completed before a future point in time.
Future Perfect Continuous	will have been + verb-ing	She will have been eating for 30 minutes.	To emphasize duration of an ongoing action up to a future moment.
Simple Future	will + verb (base)	She will eat at 7 a.m.	For general future events or spontaneous decisions .
Future Continuous	will be + verb-ing	She will be eating at 7:30 a.m.	For ongoing actions at a future specific time.