





















	PAST	PRESENT	FUTURE
Simple	I ate past action I ate at lunchtime  past habit / repeated action I played the violin when I was young 	I eat habit / repeated action I eat salad every day  facts The sun rises  schedule future event My plane lands at 11.20 	I will eat future action I will eat at lunchtime 
Continuous	I was eating  on-going past action (if interrupted past simple follows) I was eating when she arrived parallel actions  I was writing while she was dictating	I am eating action happening right now I am eating my lunch  planned future action I am going out tonight 	I will be eating  on-going future action (if interrupted present simple tense follows) I will be eating lunch when she arrives
Perfect	I had eaten completed past action before 2nd past action (in past simple) I had eaten before she arrived  duration of completed action  I had waited for 2 hours before he arrived	I have eaten past action I have eaten squid twice  duration - from past to now  I have lived here since 2010	I will have eaten  completed future action before a 2nd action (2nd verb in the present simple tense) I will have eaten lunch when she arrives
Perfect Continuous	I had been eating  interrupted on-going past action (past simple follows) I had been eating when she arrived	I have been eating action started in the past continuing to now I have been eating cake all day  duration - from past to now  I have been working here for 3 years	I will have been eating  duration measured at a time in the future I will have been eating for 10 minutes