PRESENT PERFECT

Subject + Verb To Have + Participle

Subject	Verb To Have	To Walk
I	have	walked
You	have	walked
He	has	walked
She	has	walked
It	has	walked
We	have	walked
They	have	walked

PRESENT PERFECT CONTINUOUS

Subject + Have Been + Present Participle

Subject	Have Been	To Walk
I	have been	walking
You	have been	walking
He	has been	walking
She	has been	walking
It	has been	walking
We	have been	walking
They	have been	walking

