I. Twelve Traditional Verb Tenses

1. **Simple Present** - expresses events or situations that exist always or habitually. It exists in the past, present, and future.
   - Ex: I eat my lunch everyday.

2. **Simple Past** - expresses an event that has begun and ended in the past.
   - Ex: Yesterday I ate lunch with Chris.

3. **Simple Future** - expresses an event that will occur sometime in the future.
   - Ex: I will eat lunch with friends tomorrow.

4. **Present Progressive** - expresses an action that is in progress in the present but began in the past.
   - Ex: I am eating my lunch right now.

5. **Past Progressive** - expresses an action that was in progress in the past and ended in the past.
   - Ex: I was eating my lunch when the fire alarm sounded.

6. **Future Progressive** - expresses an action that begins and continues in the future.
   - Ex: I will be eating my lunch when the meeting begins.

7. **Present Perfect** - expresses that one event has been completed in the present.
   - Ex: I have eaten my lunch.

8. **Past Perfect** - expresses that one event was completed in the past.
   - Ex: I had already eaten my lunch when the fire alarm sounded.

9. **Future Perfect** - expresses the completion of an event in the future.
   - I will have eaten my lunch before the meeting begins.

10. **Present Perfect Progressive** - expresses that an event is in progress immediately before, or up to another event in the present.
    - Ex: I have been eating my lunch for 20 minutes.

11. **Past Perfect Progressive** - expresses that an event was in progress in the past immediately before or up to another event in the past.
    - Ex: I had been eating my lunch for 20 minutes when the fire alarm sounded.

12. **Future Perfect Progressive** - expresses that an event will progress in the future immediately before or up to another event in the future.