

# alternated

**The past tense of alternate is alternated**

Table Of Contents:

- [alternated](#)
- [The Forms of Alternate](#)
- [Conjugate Alternate](#)
- [Alternate in Present Simple \(Indefinite\) Tense](#)
- [Alternate in Present Continuous \(Progressive\) Tense](#)
- [Alternate in Present Perfect Tense](#)
- [Alternate in Present Perfect Continuous Tense](#)
- [Alternate in Past Simple \(Indefinite\) Tense](#)
- [Alternate in Past Continuous \(Progressive\) Tense](#)
- [Alternate in Past Perfect Tense](#)
- [Alternate in Past Perfect Continuous Tense](#)
- [Alternate in Future Simple \(Indefinite\) Tense](#)
- [Alternate in Future Continuous \(Progressive\) Tense](#)
- [Alternate in Future Perfect Tense](#)
- [Alternate in Future Perfect Continuous Tense](#)

## The Forms of Alternate

Infinitive	<b>to alternate</b>
Present Tense	<b>alternate / alternates</b>
Past Tense	<b>alternated</b>
Present Participle	<b>alternating</b>
Past Participle	<b>alternated</b>

## Conjugate Alternate

**Alternate in Present Simple (Indefinite) Tense**

**Singular**

**Plural**

I **alternate**                      We **alternate**  
You **alternate**                      You **alternate**  
He/She/It **alternates**      They **alternate**

**Alternate in Present Continuous (Progressive) Tense**

**Singular**

**Plural**

I **am alternating**                      We **are alternating**  
You **are alternating**                      You **are alternating**  
He/She/It **is alternating**      They **are alternating**

**Alternate in Present Perfect Tense**

**Singular**

**Plural**

I **have alternated**                      We **have alternated**  
You **have alternated**                      You **have alternated**  
He/She/It **has alternated**      They **have alternated**

**Alternate in Present Perfect Continuous Tense**

**Singular**

**Plural**

I **have been alternating**                      We **have been alternating**  
You **have been alternating**                      You **have been alternating**  
He/She/It **has been alternating**      They **have been alternating**

**Alternate in Past Simple (Indefinite) Tense**

**Singular**

**Plural**

I **alternated**                      We **alternated**  
You **alternated**                      You **alternated**  
He/She/It **alternated**      They **alternated**

**Alternate in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

I **was alternating**                      We **were alternating**  
You **were alternating**                You **were alternating**  
He/She/It **was alternating**        They **were alternating**

**Alternate in Past Perfect Tense**

**Singular**

**Plural**

I **had alternated**                      We **had alternated**  
You **had alternated**                You **had alternated**  
He/She/It **had alternated**        They **had alternated**

**Alternate in Past Perfect Continuous Tense**

**Singular**

**Plural**

I **had been alternating**                We **had been alternating**  
You **had been alternating**            You **had been alternating**  
He/She/It **had been alternating**    They **had been alternating**

**Alternate in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

I **will alternate**                      We **will alternate**  
You **will alternate**                You **will alternate**  
He/She/It **will alternate**        They **will alternate**

**Alternate in Future Continuous (Progressive) Tense**

**Singular**

**Plural**

I **will be alternating**                We **will be alternating**  
You **will be alternating**            You **will be alternating**  
He/She/It **will be alternating**    They **will be alternating**

**Alternate in Future Perfect Tense**

**Singular**

**Plural**

**I will have alternated**

**We will have alternated**

**You will have alternated**

**You will have alternated**

**He/She/It will have alternated**

**They will have alternated**

**Alternate in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been alternating**

**We will have been alternating**

**You will have been alternating**

**You will have been alternating**

**He/She/It will have been alternating**

**They will have been alternating**