

# alternated

**The past tense of alternate is alternated**

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## 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**