Reported speech: tense changes

Direct speech (original tense)	Reported speech (changed tense)	Example
Present simple	Past simple	"I like pizza." → He said he liked pizza.
Present continuous	Past continuous	"She is sleeping." → He said she was sleeping.
Present perfect	Past perfect	"They have finished." → He said they had finished.
Past simple	Past perfect	"I saw a film." → She said she had seen a film.
Past continuous	Past perfect continuous	"He was working." → She said he had been working.
Future (will)	Conditional (would)	"I'll help you." → She said she would help me.
Future (going to)	Was/were going to	"I'm going to visit." → He said he was going to visit.