

Be up **to** sth

1) To be doing something:

- What are you up to at the moment?

As an answer, we cannot use it in a positive way.

For example, we cannot say : ~~X I'm up to reading a book.~~

As a negative is OK : I'm not up to much.

What are you up to ? = What are you doing?

2) Doing something wrong or secret

- When he's quiet like this, I know he's up to something.
- I wondered what my daughter was really up to.

3) Well enough, strong enough, or good enough to do something

- She's supposed to leave the hospital tomorrow, but I don't think she's up to it. (**not well enough**)
- He's not really up to the job (**not good enough**)
- I'm not up to lifting that kind of weight yet (**not strong enough**)

I'm up to it = I'm well/strong/good enough to do it

up to doing something:

- I don't think I'm up to doing a ten-mile walk.
- It was a serious fall - it'll be a while before you feel up to walking again.

Be up **for** sth

1) Willing to do a particular activity

- 'What do you feel like doing?' 'I'd be up for just about anything.'
- We're going clubbing tonight. Are you up for it?

I'm not up for (doing) that = I don't want to do that.

I'm up for (doing) that = I want to do that.

up for doing something:

- I'm not up for working out today.
- Are you up for watching a film?

2) Available for a particular purpose or process

- Most of the houses are up for sale.
- Even the most taboo subjects were up for discussion.

3) Being considered for something, especially as a candidate

- She's up for consideration for a managerial post.
- Two candidates are up for election.