

Exercise diary

Monday	Handball	1 Hour
Tuesday	P.E	1,30 Hour
Wednesday	Handball	1,30 Hour
Thursday	Play with my friends	2 Hour
Friday	Handball	1,30 Hour
Saturday	Walk with the family	2 Hour
Sunday	cycling with the family	1 Hour

Do I get enough exercise?

Every week I make lots of exercise. I play handball on Monday for 1 hour. On Tuesday I have P.E for 1,30 hours. On Wednesday I go to handball for 1,30 hours. Thursday I go to the square to play with my friends for 2 hours. On Friday I go to handball 1,30 hours and then I stay with my friend in Anaitasuna and I play with her. On Saturday I walk with my family 2 hours. And on Sunday I go cycling with the family 1 hour.

By Ariane Gutierrez Gines

