

Do I get enough exercise?

Monday	Go out with friends in a bike	2 hours-2 hours and a half
Tuesday	Handball and P.E	2 hours and 45 minutes
Wednesday	Go out with friends in a bike	2 hours-2 hours and a half
Thursday	Handball	1 hour and a quarter
Friday	Go out with friends in a bike	More than 3 hours
Saturday	Handball match	50 minutes

Every week I do some exercises, medium exercise. On Monday I normally go out with my friends with my friends. On Tuesday, I have P.E 1 hour and a half, and handball 1 hour and a quarter. Then on Wednesday, I also go out with my friends for 2 hours. On Thursday, I have handball 1 hour and a quarter. On Fridays, I go out more than 3 hours. On Saturdays, I normally have a handball match for at least 50 minutes.



P.D: Every week I get 11 hours and 50 minutes of exercise.