

EXERCISE DIARY / DO I GET ENOUGH EXERCISE

Monday	cycling	2 hours
Tuesday	swim PE	2 hours 1 hours
wednesday	cycling	1 hours
Thursday	swim	2 hours
Friday	run	1 hours

DO I GET ENOUGH EXERCISE?

Every week I get lots of exercise. At school ,we have pe for 1 hour tuesday after school i am going to swim for 2 hours .

Wednesday after school I go cycling to the mountain.OnThursday i'm going to swim :) in Friday a goi to run a mountain

