

Exercise diary

Monday	Running	1 hour
Tuesday	Karate	1 hour
Wednesday	Play with my friends	2 hours 30 min
Thursday	Karate	1 hours
Friday	Play of my friends	3 hours 30 min
Saturday	Cycling	1 hour
Sunday	Walk	1 hour 30 min



On Monday I go running for 1 hour.

On Tuesday I am going to karate for 1 hour.

On Wednesday I am going to play with my friends for 2 hours and 30 min.

On Thursday I go to do karate for 1 hour.

On Friday I am going to play with my friends for 3 hours and 30 minutes.

On Saturday I went cycling for 1 hour.

On Sunday I am going to walk for 1 hour and 30 minutes.