

# Exercise diary

Monday	I play football	2 hours
Tuesday	I play football	1 hour
Wednesday	I play football	1 hour
Thursday	I play football	2 hours
Friday	I play football	2 hours
Saturday	I play football	1 hour
Sunday	I play football	1 hour



DO I GET ENOUGH EXERCISE?

Every weekl i get lots of exercise.After school every day i play football with my friend and with my team and this is my exercise diary