

EXERCISE DIARY

Monday	go to school walking	5 minutes
Tuesday	PE	1 hour
Wednesday	Jump in the playground	1 hour
Thursday	sometimes go cycling	30 minutes
Friday	swimming pool	1 hour

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On Monday , I go to school walking for 5 minutes. On Tuesday go to PE for 1 hour. On Wednesday go to the playground and I jump for 30 minutes. Thursday sometimes go cycling for 30 minutes. On Friday go to the swimming pool for 1 hour.

