

EXERCISE DIARY

Monday	Basketball training	1 hour and 30 minutes
Tuesday	P.E.	1 hour and 30 minutes
Wednesday	Basketball training	1 hour and 30 minutes
Thursday	Go to the park	1 hour
Friday	Basketball training	1 hour and 30 minutes
Saturday	Basketball match	30 minutes
Sunday	Go to the park	1 hour



DO I GET ENOUGH EXERCISE?

Every day I do exercise. On Monday, I have basketball training 1 hour and 30 minutes in Lagunak. On Tuesday, I have P.E. lessons once a week 1 hour and 30 minutes at school. On Wednesday, I have basketball training 1 hour and 30 minutes in the sport center. On Thursday, I go to the park to play. On Friday, I have basketball training again 1 hour and 30 minutes in sport center. On Saturday, I have a basketball match 30 minutes. On Sunday, I go to the park to play. I feel hungry and I sleep better.