

EXERCISE DIARY / DO I GET ENOUGH EXERCISE?

Monday	I don't have any exercise	0 second
Tuesday	I play handball	1 hour 15 minutes
Wednesday	I running with my friends	2 hour
Thursday	I have handball	1 hour 15 minutes
Friday	I going to Vask dance	1 hour 25 minutes
saturday	I play a handball match	1 hour 25 minutes



DO I GET EXERCISES?

Every week I get a lot of exercises. After school on Tuesday I get hamboll 1 hour and 15 minutes. On Wednesday I go running with my friends for 2 hours .Friday I do a vask dance for 1 hour and 25 minutes. On saturday I have a handball mach 1 hour and 25 minutes.And totaly i have 7 hourS and 20 minutes.