

# DO I GET ENOUGH EXERCISE

## EXERCISE DIARY

|           |                       |            |
|-----------|-----------------------|------------|
| Monday    | play the fornite      | 2hours     |
| Tuesday   | play the football     | 1.30 hours |
| Wednesday | hang out with friends | 6 hours    |
| Thursday  | play the football     | 1.30hours  |
| Friday    | hang out with friends | 6hours     |
| Saturday  | play the fornite      | 4hours     |
| Sunday    | hang out with friends | 4hours     |



# DO I GET ENOUGH EXERCISE

Every week I get lots of exercise. At school on Wednesday football and on Thursday futbol. Friday whit freides