ACTIVITY LOG

(First week ) November 8 – DECEMBER 4, 2022

Daily routine Exercise

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| **Monday**  In the morning 5 to 6 **Walking** |
| **Tuesday** In the afternoon 4 to 5 **Basket** |
| **Wednesday**  In the evening 9 to 5 **Pushup** |
| **Thursday**  In the morning 6 to 6:30 **Curls up** |
| **Friday**  In the afternoon 4 to 4:30 **Football** |
| **Saturday** In the morning 6 to 11 **Biking** |
| **Sunday**  Rest |