# **27/02/17 to 05/03/17 Exercise Diary**

## Monday 27/02/17

Morning

* Walk from Ipswich apartment to breakfast (15 mins)

Afternoon

* Walk into town to see mother (30mins)
* Walk back from town with mothers shopping (30mins)

## Tuesday 28/02/17

Afternoon

* Walking to university (30 mins)

Evening

* 4 x 4 flight stair case running/jogging

## Wednesday 01/03/17

Morning

* Walk to university (30 mins)

Afternoon

* Walk from University (30mins)

Evening

* 20 lengths 20m pool swimming

## Thursday 02/03/17 (Evening before Submittion)

Morning

* Walk to university (30mins)

Afternoon

* Walking back home from University (30mins)

Evening

* Walk back from university back home (30mins)

## Friday 03/03/17

Morning

* Walking to university (30mins)

Afternoon

* 30 x 20m lengths in pool
* 15x freestyle
* 12 breast stroke
* 3x butterfly

## Saturday 25/02/17 (working from 11:00am-7:00pm)

Evening

* Walking from my house to the shard (40mins)
* Lifting up kegs
* Lifting up gas canisters

## Sunday 26/02/17

Afternoon

* Walking in park with family for 2 hours