# **Exercise Diary 24/04/17 to 30/04/17**

## Monday 24/04/17

Morning

* Walking to the station from London home (15mins)
* Walking from Ipswich station to my apartment (10mins)

Afternoon

* Walking from the apartment to Sainsbury’s and back (40mins)

Evening

## Tuesday 21/03/17

Morning

Afternoon

Evening

## Wednesday 22/03/17

Morning

Afternoon

Evening

## Thursday 23/03/17

Morning

Afternoon

Evening

## Friday 24/03/17

Morning

Afternoon

Evening

## Saturday 25/03/17 (Working from 17:00pm to 23:30pm)

Morning

Afternoon

Evening

## Sunday 26/03/17 (Working from 17:00pm to 23:00pm)

Afternoon