# **20/02/17 to 26/02/17 Exercise Diary**

## Monday 20/02/17

Morning

* Walking 40 mins to get from London to Ipswich

## Tuesday 21/02/17

Afternoon

* Walking to university (30 mins)

Evening

* 20 lengths 20m pool swimming

## Wednesday 22/02/17

Morning

* Walk to university (30 mins)

Afternoon

* Walk from University (30mins)

Evening

* 4 x 4 flight stair case running/jogging

## Thursday 23/02/17

Morning

* Walk to university (30mins)

Afternoon

* Walking into town and shopping (30mins)

Evening

* 20 lengths in 20m pool

## Friday 24/02/17

Morning

* Walking to university (30mins)

Afternoon

* 4 x running up and down stairs 4 flights.
* 1 x15 reps of push ups
* 1 x 30 seconds plank

## 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