# **06/03/17 to 12/03/17 Exercise Diary**

## Monday 06/03/17

Morning

* Walk from London home to Ipswich Apartment (30 mins)

Afternoon

Evening

* 20 lengths 20m pool swimming
* 15 lengths freestyle
* 5 lengths brestroke

## Tuesday 07/03/17

Morning

Afternoon

* Walking to university from home (30mins)

Evening

* Walking from university to home (30mins)

## Wednesday 08/03/17

Morning

* Walking to university from home (30mins)

Afternoon

Evening

* 4 running four flights of stairs
* 2 x 20 reps arm curls 2kg

## Thursday 09/03/17

Morning

* Walking to university (30 mins)

Afternoon

* Walking to town to go shopping (20mins)
* Walking back home from town (15mins)

Evening

* 20 lengths swimming
* 14 freestyle
* 6 Brest stroke

## Friday 10/03/17

Morning

* Walking to university (30mins)

Afternoon

Evening

* Walking from the station back home (15mins)

## Saturday 11/03/17 (working from 08:00am to 22:30pm)

Morning

* Collecting uniforms
* Picking up cases of soft drinks
* Picking up 11gallons of kegs

Afternoon

* Lifting up cases of soft drinks
* Lifting up boxes with pint cups

Evening

* Taking out all empty kegs
* Taking out bins

## Sunday 12/03/17 (Working from 14:15 to 23:00)

Afternoon