# **27/03/17 to 02/04/17 Exercise Diary**

## Monday 27/03/17 (stayed in London to study)

Morning

Afternoon

Evening

## Tuesday 28/03/17

Morning

* Walking from home to the station in London (20mins)
* Walking from the station to the flat (10mins)

Afternoon

* Walking from the flat to university (30mins)

Evening

* Walking from university to town to shop (20mins)
* Walking from town to the flat (20mins)

## Wednesday 29/03/17

Morning

* Walking from the flat to university (30mins)

Afternoon

* Walking from university to the flat (30mins)

Evening

* 10 mins rowing machine difficulty 10, 1800m and both hand positions
* 11 mins on cycle machine difficulty 4, 68cals
* 3 x 20 reps arm curls both arms, 5kg
* 3 x 20 reps leg extensions 40kg
* 3 x 15 reps lifting weights up over my head.
* 3 x 10 reps sit ups
* 3 x 30secs planks.

## Thursday 30/03/17

Morning

* Walking to university from the the flat

Afternoon

* Walking from university to town (20mins)
* Walking from town to the flat (20mins)

Evening

* 10 mins on rowing machine difficulty 10, 1600m
* 10 mins on bike level 4, 65cals.

## Friday 31/03/17

Morning

* Walk from the flat to university

Afternoon

* Walk back from university to the flat

Evening

* 10 mins rowing difficulty 10 1500m
* 10 on bike effort level 4 50cals
* 10 lengths swimming (7 freestyle 3 breststroke)
* Walking with suit case, back pack and bag whist getting back to london

## Saturday 01/04/17(Working from 09:30am to 19:00pm) (Clubbing from 22:00pm till 03:30am)

Morning

* Setting up bar at work Chelsea

Afternoon

* Clearing bar after service at Chelsea

Evening

* Went out clubbing so lots of walking and jumping up and down.

## Sunday 02/04/17 (Hungover)

Morning

Afternoon

Evening