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# Exercise Diary



**Name:** \_\_\_\_\_

# Monday

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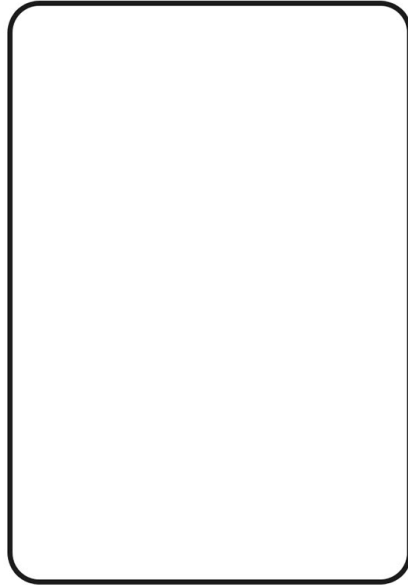
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**What was your favourite activity this week and why?**

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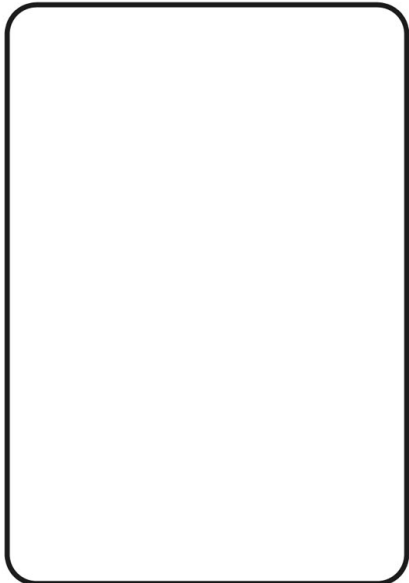
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# Tuesday



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# Wednesday

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**What was your least favourite activity this week and why?**

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# Thursday

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# Friday

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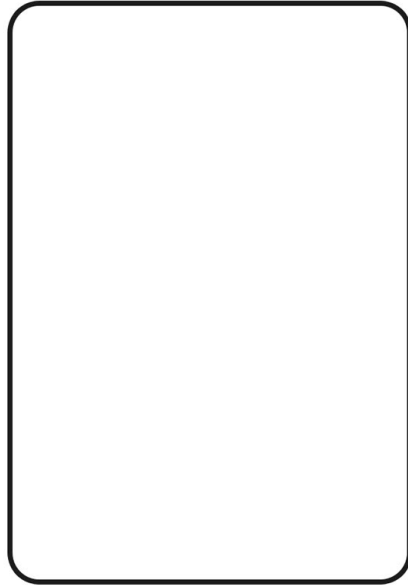
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# Sunday

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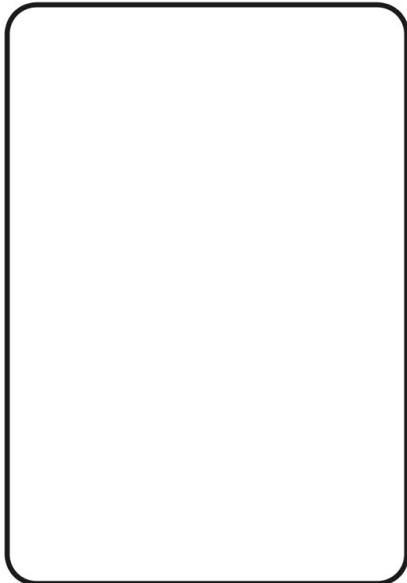
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# Saturday



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