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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| March 30- April 3 |  |  |  |  |  |
| April 6-10 |  |  |  |  |  |
| April 13-17 |  |  |  |  |  |
| April 20-24 |  |  |  |  |  |

You should be exercising for 20-30 minutes per day. Tell me below what you did and for how long and email it to me on Friday of each week.