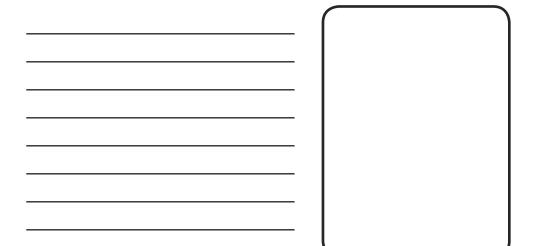
Fitness Diary

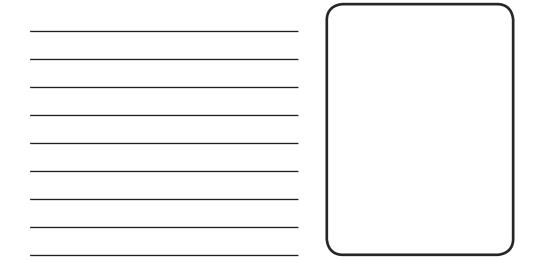




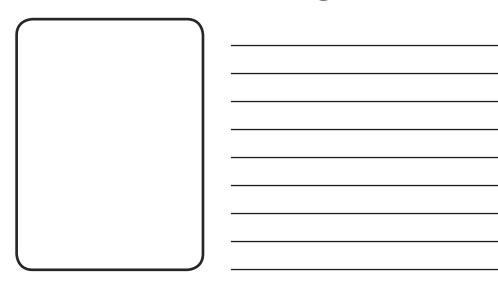
Monday

Sunday





Tuesday



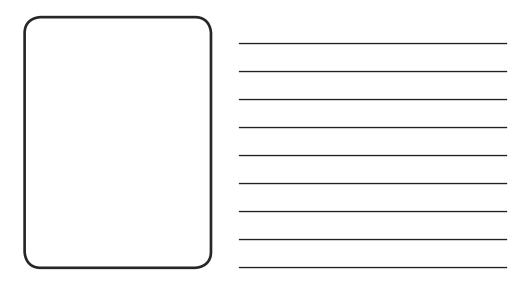


Friday Saturday

What was your favourite activity this week and why?

Wednesday

Thursday



What was your least favourite activity this week and why?

