

Name: Lia

When	What	How long
before school	do an exercise video	5 minutes
going to school	walk to school	10 minutes
at lunch time	play a running game with my friends in the playground	15 minutes
after school (Tuesdays and Fridays)	go to swimming lessons	30 minutes
after school (Mondays, Wednesdays and Thursdays)	ride my bike in the park (if it's sunny) OR dance to my favourite songs at home (if it's rainy)	20 minutes
	do some skipping or hula-hooping	10 minutes
in the evening	walk the dog	15 minutes
Total:		

Questions

1. How many minutes of exercise does Lia do every day?
2. What does she do at lunchtime?
3. Which activity does she spend the most time doing?
4. Which activity does she spend the least time doing?

