



UNLOCKING POTENTIAL
LEVELLING THE SOCIAL AND ACADEMIC ARENA

Weekly Exercise Diary

Day	Goal	Type of Exercise (walk/workout/yoga)	Time spent doing it	Comments
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

The Levels School, Ashcott, Somerset
www.thelevelsschool.co.uk
office@thelevelsschool.co.uk
The Levels School Limited
Company Number: 12567053