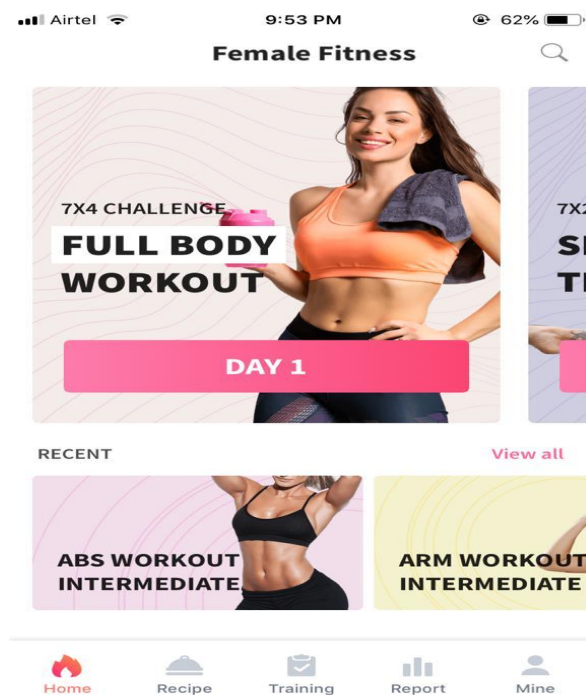


## Putting up a one month exercise routine.

Starting on the 14th of september 2020 I planned to put on a one month exercise routine. Amid the pandemic having online classes I had grown lazy and stopped keeping up my physical exercise.

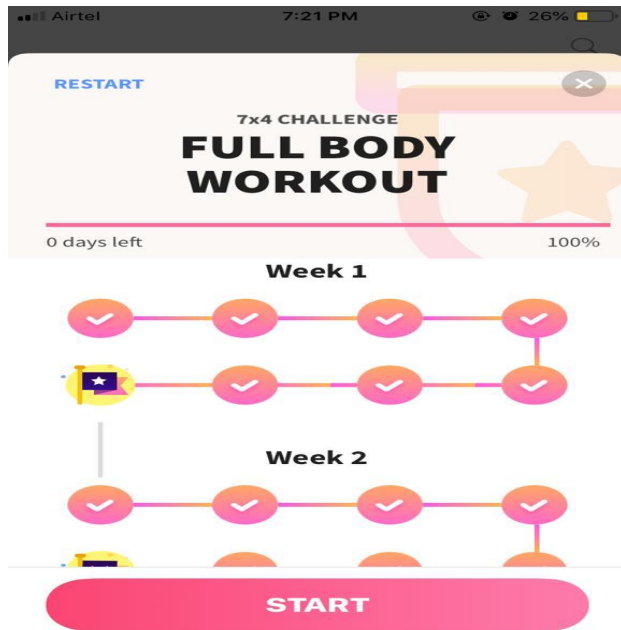
Everyday I made sure to do some exercise for a minimum for 30 minutes to an hour. I took the help of an app on my phone on what exercises to do. My experiences ranged from 14th of september to the 28th of october.

### THE APP

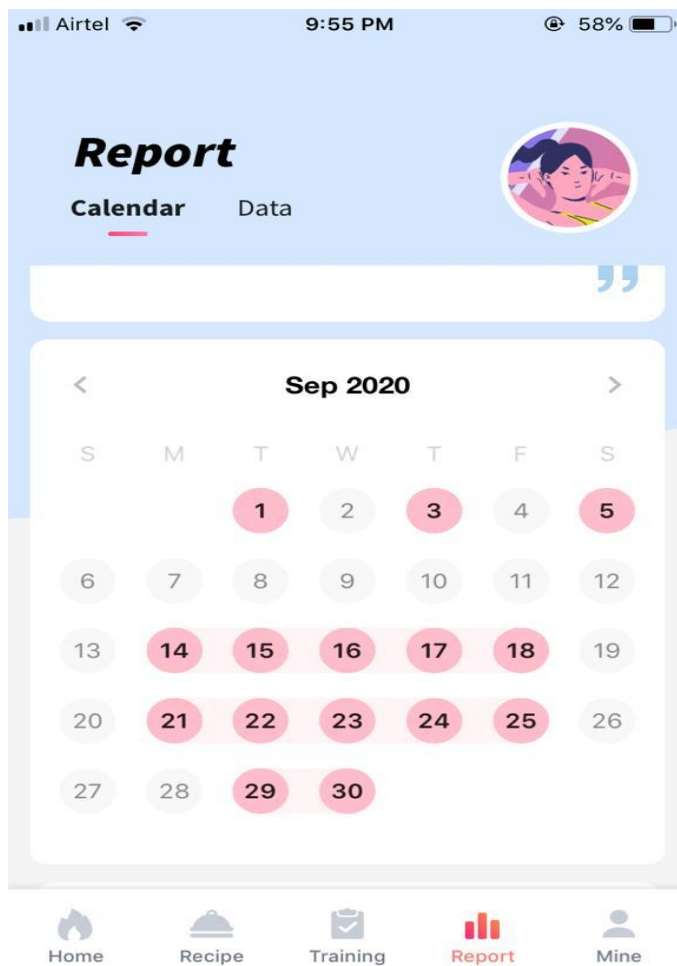


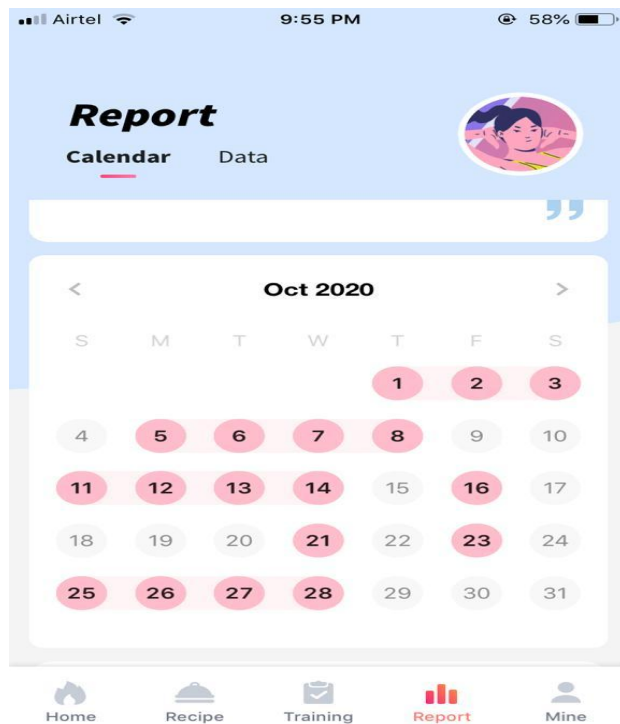
This experience has helped me improve my metabolism and muscle strength and helped me stay in shape.

My Completion



## Calendar





### Learning Outcomes:

The main outcome for me was how I can initiate a CAS experience. Since I did this during Covid and quarantine it was difficult for me to find a month-long activity that I would be able to do consistently. But then as i realised how i had become lazy due to quarantine i decided to make myself more physically active and fit by doing daily at home exercises.

I made sure I was consistent in doing my exercise since it all depended on me because I could not have any restriction on at-home exercise.