WEIGHT LOSS PLAN

Diet/Exercise Schedule														weight record														
time	sport	S.	bre	oakd	ast	bin	154	foo	d	inn	er		1	13	8.8			9	138	2	上升	17	130	1.5	下槽	25	139.5	上升
Monday	joggie	W.	2	bur	16	Mag	oo 1	ofu	ad\	/eg	etat		2	13	9.5	ž	Ħ.	10	133	5	下牌	18	138	15:	上所	26	139.7	上月
Tuesday	Dano	0	tw	9.95	001	frie	dw	ege	an	ap	ple		3	13	8.5	7	10	11	138	46	上升	19	130	15:	1970	27	136.2	7:30
Wednesday ride a bike lass of mild potato sk cucumbe												4	13	8.2	18	30	12	136	36	下摊	20	130	12	YM	-28	137.3	.E8	
Thursday	to pla	y	piece of call chicken blass of mil										5	13	8.9	2	ft.	13	336	2	7570	21,	137	13	770	29	137	-758
Friday	swim		teamed brepper Beacket of ce										6	11	15	¥	74	14	13	6 -	1570	22	130	US.	上邦	30	137.2	ER
Saturday no mounta an apple ed vegetalgetable sal												7	13	9.7	1	H	15	137	3	上升	23	130	5.6	下降	31	136.2	下層	
Sunday	nday running self of neocrk with Gitadish Con												8	13	6.2	F	M	16	138	05	ER	24	130	3.5	上开	1	138.2	LB
2021	7						1000																					
type	cutive r		2	3	4	5	6	T		9	10	ш	222	13	14	15	16	17	18	25	20 21	22	23	24	25 25	27	28 25	30 3
breakfast	45.16%	T.	1	7	45	×	1	7	£.	7	E	1	1	\mathcal{Z}_{i}	E.	₹.								П				
hinese foo	48.37%	1	1	1	V	1	30	T	4	1	1	1	1	\mathcal{I}	7	7	1											
dinner	51.61%	4	1	€.	4	4	4	×	€	\mathcal{F}_{i}	\mathcal{F}_{i}	1	1	1	1	4	4	7										
sports	54,84%	1	1	1	1	1	1	1	30	10	1	1	40	T.	1	1	1	1	1								4-1	

Weight Loss Plan In The Us

Robert R. Redfield

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