# WEIGHT LOSS PLAN

Diet/Exercise Schedule													weight record														
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Tuesday	Dano	ę.	two eggs fried vege an apple										3	13	8.5	7	10	11	136	46	上升	19	138.5	F/4	27	136.2	7530
Wednesday ride a bike lass of mild potato sk cucumbe												4	13	8.2	*	10	12	130	1.6	下降	20	138.2	778	28	137.3	上月	
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**Lei Huang** 

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