WEIGHT LOSS PLAN

Diet/Exercise Schedule														weight record															
time	sport	S.	bre	oki	ast	bin	154	foo	d	inn	er .		1	13	8.8			9	138	1	上升	17	13	7.5	下海	25	139	5 .	LB
Monday	joggie	Œ.	2	bur	16	Mag	oo 1	ofu	ad\	/eg	etat		2	13	9.5	ž	Ħ.	10	133	5	下牌	18	139	9.5	上开	26	139	7 .	£B
Tuesday	Dano	0	tw	9 99	001	frie	dw	ege	an	ap	ple		3	13	8.5	7	10	11	138	4.6	上升	-19	13	8.5	FM	27	136	2	Y-100
Wednesday ride a bike lass of mild potato så cucumbe												4	13	8.2	*	30	12	100	1.6	下摊	20	13	8.2	YM	21	137	٥.,	LB	
Thursday	to pla	y	piece of coll chicken blass of mil										5	13	8.9	2	ft.	13	330	1.2	7:30	21	13	7.5	YM	25	130		Y.M
Friday	swim		teamed brepper Bencket of ce										6	11	15	¥	34	14	13	6	7570	22	13	3.5	上升	30	137	2	ER
Saturday inb mounta an apple ed vegetalgetable sal												7	13	9.7	£	H	15	137	5	1.57	23	130	6.6	下降	31	136	2	YM	
Sunday	Sunday running swill of neoork with Gitadish Con-												8	13	6.2	F	M	16	138	1.6	ER	24	13	8.5	上开	1	138	2 .	ĿB
2021	7						-																		***				
type	cutive r	1	2	9	4	5	6	T		9	20	ш	22	IJ	24	15	16	11	18	25	20 21	22	23	24	25 7	6 21	28	3	0 3
breakfast	45.16%	1	7	4	13	ж	1	4	4	4	£	1	4	7	Ę	4													
hinese foo	45.37%	1	1	1	1	£	50	1	€.	1	₹.	1	1	1	1	7	1												
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sports	54,34%	£	1	£	1	1	1	1	×	ď.	1	1	40	T.	1	1	1	1	0										Т

Weight Loss Plan In The Us

AW Rasmussen

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