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 | | | | | | | | | | | | |
| dinner | 51.61% | 4 | 1 | 4 | 1 | 4 | 4 | M. | £ | 4 | V. | 1 | 1 | 7 | € | 4 | \mathcal{F}_{i} | 4 | | | | | | | | | | | |
| sports | 54,34% | £ | 1 | £ | 1 | 1 | 1 | 1 | × | ď. | 1 | 1 | 40 | T. | 1 | 1 | 1 | 1 | 0 | | | | | | | | | | Т |

Weight Loss Plan On Sale Tutorial

JR Anderson

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