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
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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	
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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						-																		***				
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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

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