

WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule					weight record											
time	sports	breakfast	chinese food	dinner	1	138.8		9	138.2	上升	17	137.5	下降	25	139.5	上升
Monday	jogging	2 buns	Mapo Tofu	Vegetal	2	139.5	上升	10	137.5	下降	18	139.5	上升	26	139.7	上升
Tuesday	Dance	two eggs	fried vege	an apple	3	138.5	下降	11	138.6	上升	19	138.5	下降	27	136.2	下降
Wednesday	ride a bike	lass of milk	potato sh	cucumber	4	138.2	下降	12	136.6	下降	20	138.2	下降	28	137.3	上升
Thursday	to play	piece of cod	chicken fillet	glass of mil	5	138.9	上升	13	136.2	下降	21	137.5	下降	29	137	下降
Friday	swim	steamed bread	Beef	Bowl of ce	6	135	下降	14	136	下降	22	138.8	上升	30	137.2	上升
Saturday	no sports	an apple	ed vegetable	vegetable sal	7	139.7	上升	15	137.5	上升	23	136.6	下降	31	136.2	下降
Sunday	running	wal of nework	with Gladish	Cen	8	136.2	下降	16	138.6	上升	24	138.5	上升	1	138.2	上升

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S Ben Porath

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

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