# WEIGHT LOSS PLAN

Diet/Exercise Schedule														weight record															
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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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