

WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule				
time	sports	breakfast	chinese food	dinner
Monday	jogging	2 buns	Mapo Tofu	Vegetable
Tuesday	Dance	two eggs	fried veg	an apple
Wednesday	ride a bike	lass of milk	potato	slk cucumber
Thursday	to play	piece of coal	chicken	glass of milk
Friday	swim	steamed bre	pper	Banquet of ce
Saturday	mb mounta	an apple	ed vegetable	potable sal
Sunday	running	ml of no	ork with	Gladish Cor

weight record											
1	138.8		9	138.2	上升	17	137.5	下降	25	139.5	上升
2	139.5	上升	10	137.5	下降	18	139.5	上升	26	139.7	上升
3	138.5	下降	11	138.6	上升	19	138.5	下降	27	136.2	下降
4	138.2	下降	12	136.6	下降	20	138.2	下降	28	137.3	上升
5	138.9	上升	13	136.2	下降	21	137.5	下降	29	137	下降
6	135	下降	14	136	下降	22	138.8	上升	30	137.2	上升
7	139.7	上升	15	137.5	上升	23	136.6	下降	31	136.2	下降
8	136.2	下降	16	138.6	上升	24	138.5	上升	1	138.2	上升

2011.11.17

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Ageless Mirrorathlete Marc T. Woodard,2019-01-21 Pacific Book Awards Finalist Best Health RECOMMENDED by the US Review There are few fit healthy lifestyle consultants with over 40 years experience willing to give up programming trade secrets at the expense of losing clients and revenues I ve been on a mission to expose the half truths and lies within the fitness health big pharma agriculture sports and diet and celebrity industries including government and why they don t want this information as common consumer knowledge To reveal it is considered taboo by my colleagues and unwelcomed by the marketplace However I can t sit idly by and watch the charlatans put the next generation s health at risk for the sake of profit My only regret taking so long to write the book After each chapter I relate my mobility and pain depression challenges after being diagnosed with Avascular Necrosis AVN bone disease That s right through my immobility adversity misfortune you also learn how to apply a customized fit healthy habit program to live life to the fullest regardless of ailment This timeless and incredible consumer safety information is for anyone who wants to get fit feel well and look good at any age It also includes educational ill health prevention and community recreation concepts to Save the Next Generation s Children from obesity and related disease mirrorathlete com mirrorathlete org

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selection of appendixes contains practical information such as how to evaluate diets and recipes *The Encyclopedia of Obesity and Eating Disorders, Third Edition* Dana K. Cassell, David H. Gleaves, 2009 The Encyclopedia of Obesity and Eating Disorders Third Edition is more relevant now than ever before *The Almanac of American Employers: The Only Guide to America's Hottest, Fastest-Growing Major Corporations* Jack W. Plunkett, 2008-10 Market research guide to American employers Includes hard to find information such as benefit plans stock plans salaries hiring and recruiting plans training and corporate culture growth plans Several indexes and tables as well as a job market trends analysis and 7 Keys For Research for job openings This massive reference book features our proprietary profiles of the 500 best largest and fastest growing corporate employers in America includes addresses phone numbers and Internet addresses

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