

# 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 vegetable | an apple        |
| Wednesday              | ride a bike | lass of milk          | potato          | a cucumber      |
| Thursday               | to play     | piece of cold chicken | lass of milk    |                 |
| Friday                 | swim        | steamed buns          | Beef            | lass of cold    |
| Saturday               | mountain    | an apple              | vegetable       | vegetable salad |
| Sunday                 | running     | lass of noodle        | with Gildish    | Coriander       |

| 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 |

2021 7

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# Weight Loss Plan In The Us

**Andrew Packard**



## **Weight Loss Plan In The Us:**

## Whispering the Strategies of Language: An Mental Journey through **Weight Loss Plan In The Us**

In a digitally-driven earth where monitors reign great and quick connection drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words usually get unheard. Yet, set within the pages of **Weight Loss Plan In The Us** a charming fictional prize pulsating with raw emotions, lies a fantastic quest waiting to be undertaken. Published by a talented wordsmith, that marvelous opus encourages viewers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within ab muscles fabric of every word. Within the mental depths of this moving evaluation, we will embark upon a genuine exploration of the book is core styles, dissect its charming writing fashion, and yield to the effective resonance it evokes serious within the recesses of readers hearts.

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