WEIGHT LOSS PLAN

Diet/Exercise Schedule													weight record															
time	sport	8	bre	eakil	best	Nin	150	foo	d	inn	er		1	13	8.8			9	138	12	上升	17	137	5	下降	25	139.5	上升
Monday	joggie	Œ.	2	bur	10.	Mag	o T	ofu	ad V	/eg	etal		2	13	1.5	±	Ħ.	10	133	5	'FIR	18	139	15	上升	26	139.7	上月
Tuesday	Dano	nce two eggs fried vege an apple											3	13	8.5	7	10	11	138	LG.	上升	19	138	15	YM.	27	136.2	'F#
Wednesday ride a bike lass of mild potato sh cucumbe													4	13	8.2	7	10	12	130	4.6	730	20	138	12	778	28	137.3	上月
Thursday	to pla	to play siece of col chicken blass of mil											5	13	8.9	1	Ħ.	13	130	12	7:18	21	133	3	7570	29	137	下牌
Friday	swim	swim teamed brepper Beacket of ce											6	113	15	Ŧ	10	14	13	6	7578	22	130	1,5	上升	30	137.2	£B
Saturday inb mounta an apple ed vegetalgetable sal												7	139.7		4	2.8		137.5		上升	23	136.6		下海	31	136.2	下級	
Sunday	running swi of neoork with Gradish Con-											8	13	6.2	Ŧ	M	16	138	1.6	上升	24	.138	1.5	上升	1	138.2	£F	
2021	7							-						7075														
type	cutive r	1	2	3	1	5	6	1		9	10	ш	12	13	14	15	16	111	18	15	20 21	22	23	24	25 26	22	28 29	30 3
breakfast	45.16%	7	7	V.	V.	ж	₹.	8	Œ.	40	1	7	\mathcal{T}_{i}	Z	7	4												
hinese foo	48.37%	1	7	£	1	1	×	1	7	1	1	7	7	Z	1	7	7											
dinner	51.61%	4	1	€.	1	4	£.	M	4	4	1	1	1	7	4	€	1	7										
sports	54.84%	1	7	1	1	di.	1	1	30	ď.	5	1	15	E.	1	1	5	1	1									

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