

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 | Vegetable | 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 col | chicken | glass of milk | 5 | 138.9 | 上升 | 13 | 136.2 | 下降 | 21 | 137.5 | 下降 | 29 | 137 | 下降 |
| Friday | swim | seamed brepper | Beef | Bucket of col | 6 | 135 | 下降 | 14 | 136 | 下降 | 22 | 138.8 | 上升 | 30 | 137.2 | 上升 |
| Saturday | mb mounts | 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 | sal of meat | with | Giadish Corn | 8 | 136.2 | 下降 | 16 | 138.6 | 上升 | 24 | 138.5 | 上升 | 1 | 138.2 | 上升 |

Weight Loss Plan Usa On Sale

Dr. John Briffa

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