

WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule				
time	sports	breakfast	chinese foo	dinner
Monday	jogging	2 buns	Mapo Tofu	vegetat
Tuesday	Dance	two eggs	fried vege	an apple
Wednesday	ride a bike	lass of mil	potato st	cucumbe
Thursday	to play	piece of cal	chicken t	glass of mil
Friday	swim	steamed b'	repper	Bancket of ce
Saturday	mb mounta	an apple	ed vegeta	etable sal
Sunday	running	wil of neosork	with Gladish	Cen

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

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