

# WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule			
time	sports	breakfast	hinese food dinner
Monday	jogging	2 buns	Mapo Tofu& Vegetat
Tuesday	Dance	two eggs fried vege	an apple
Wednesday	ride a bike	lass of mild potato sk	cucumbe
Thursday	to play	slice of col chicken t	glass of mil
Friday	swim	steamed brepper	Bancket of ce
Saturday	mb mounta	an apple	ed vegetable&table sal
Sunday	running	rel of noork with Citadish Con	
2021	7		

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																			

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**Lingsheng Yao**



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