WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule			
time	sports	breakfasthinese foo	dinner
Monday	jogging	2 buns	Mapo Tofuad Vegetat
Tuesday	Dance	two eggs fried vege	an apple
Wednesday	ride a bike	lass of mild potato sk	cucumbe
Thursday	to play	piece of coi chicken t	lass of mil
Friday	swim	steamed b	epper Beacket of ce
Saturday	nb mounta	an apple	ed vegetalgetable sal
Sunday	running	rel of nooork with Gitadish	Con

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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type	cutive r	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
breakfast	45.16%	✓	✓	✓	✓	×	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓																
hinese foo	48.39%	✓	✓	✓	✓	✓	×	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓															
dinner	51.61%	✓	✓	✓	✓	✓	✓	×	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓														
sports	54.84%	✓	✓	✓	✓	✓	✓	✓	×	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓													

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