

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 Con	8	136.2	下降	16	138.6	上升	24	138.5	上升	1	138.2	上升

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S Ashworth

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Official Gazette of the United States Patent and Trademark Office ,2007 **Weekly World News** ,1996-01-30

Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

Consumer Health USA Alan M. Rees,1997 **Consumer Health USA** Alan Rees,1997 The second volume of this highly regarded reference source features the full text of nearly 150 of the most recent articles available from the National Cancer Institute the Food and Drug Administration the National Institute on Aging and other authoritative agencies New chapters on stroke and musculoskeletal and connective tissue diseases have been added Also articles from 17 nonprofit organizations including the Leukemia Society of America the National Parkinson s Foundation and the Alzheimer s

Association are included for the first time **Weekly World News** ,2002-04-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979

The online hub www.weeklyworldnews.com is a leading entertainment news site **Federal Trade Commission Decisions**

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Nutrition monitoring in the United States ,1993 **McCall's** ,1996 **Weight in America** Barbara Wexler,2008-10 Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight and obesity

political legal and social concerns and other topics **TV Guide** ,2003 **USA Today** ,1993 **The United States Patents Quarterly** ,1991 *USA Today Index* ,1990 **The Old Farmer's Almanac** ,1996 **United States Code Annotated** United States,2009 Comprises all laws of a general and permanent nature under arrangement of the official Code of laws of the United States with annotations from Federal and State courts **F & S Index United States Annual** ,1994

United States Code Service United States,1991 *Rural Living* ,1995-10 **B.E.T. Weekend Magazine** ,1996

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