WEIGHT LOSS PLAN

Diet/Exercise Schedule													weight record														
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Monday	joggio	W.	2	bur	166	Mag	o T	ofu	ad\	log:	etat		2	13	9.5	1	Ħ.	10	133	1.5	下摊	18	139.5	上开	26	139.7	2.8
Tuesday	Dano	ę.	two eggs fried vege an apple										3	13	8.5	7	10	11	136	46	上升	19	138.5	F/4	27	136.2	7530
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