WEIGHT LOSS PLAN

Diet/Exercise Schedule													weight record														
time	sport	S.	bee	akt	ast.	Nine	950	foo	ď	inn	er -		1	13	8.8	1		9	138	12	上升	17	137.5	下槽	25	139.5	上升
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
Wednesday ride a bike lass of mild potato sk cucumbe												4	13	8.2	*	10	12	130	1.6	下降	20	138.2	778	28	137.3	上月	
Thursday	to pla	play siece of coll chicken blass of mil											5	13	8.9	2	ft.	13	130	1.2	7570	21,	137.5	7570	29	137	15/4
Friday	swim	swim teamed brepper Beacket of ce											6	10	15	¥	10	14	13	6	1570	22	138.8	上折	30	137.2	上戶
Saturday no mounta an apple ed vegetalgetable sal												7	7 139.7		上升		15	137.5 _23		2.5	23	136.6	下降	31	136.2	下档	
Sunday	running swill of nooork with Gitadish Con-											8	13	6.2	F	M	16	138	3.5	上升	24	138.5	上升	1	138.2	LB	
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breakfast	45.16%	40	1	7	1	×	7	7	€.	T_{ij}	1	7	Ŧ,	7	₹.	4											
hinese foo	48.37%	1	1	1	1	1	×	1	1	1	1	7	1	1	7	7	1										
dinner	51.61%	4	1	€.	\mathcal{F}_{i}	4	€	×	£	Ø,	V.	7	1	7	€	4	Ŧ	4									
sports	54,84%	E	1	1	1	1	£	1	×	10	1	1	48	1	1	1	0	1	1								

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Health Promotion ,1986

McCall's ,1996

The Maker's Diet for Weight Loss Jordan Rubin, 2009 Based on the New York Times best seller The Maker's Diet The Maker's Diet for Weight Loss presents a 16 week program to help you achieve a healthy weight The Customized No "No-Nos" Weight Loss Plan Holly Bergeim, 2001-09-17 No pain no pills no no nos no drawbacks no lifestyle changes rapid weight loss feeling good the whole time customize the plan to your needs with the doc s help and approval And prove to yourself that it can t fail What more can you want **InfoWorld**, 1985-08-19 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and Federal Register, 2000-04 Weekly World News ,1985-06-11 Rooted in the creative success of over 30 years projects 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 Manual of Diet for the Invalid and Dyspeptic, with a Few Hints on Nursing Duncan Turner, 1870 How to Set Up Your Own Small Business Max Fallek, 1993 Miracle MFM for Fast Weight Loss Seymour Isenberg, 1983 Glamour, 2009 Metropolitan Management, **Transportation and Planning** ,1919 **Consultants and Consulting Organizations Directory** ,2002 EDRA: Proceedings of the Annual Environmental Design Research Association Conference Environmental Design Research Transactions of the ASAE. American Society of Agricultural Engineers, 1986 Association, 1991 TV Guide ,1983 Brand Name Fat-Fighter's Cookbook Sandra Woodruff, 1995 Over 150 low fat and fat free recipes from breakfast to dessert using brand name products The Clinical Journal ,1903 Newsweek ,2007 **Poultry Success** ,1915

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