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 | |
| 2021 | 7 | | 101101 | | | | | | | | | | | *** | | | | | | | | | | | | | |
| type | cutive r | 1 | 2 | 3 | 4 | 5 | 6 | I | | 9 | 10 | ш | 22 | 13 | 13 | 15 | 16 | 11 | 10 | 25 | 20 21 | 22 | 23 24 | 25 38 | 27 | 28 25 | 30 3 |
| 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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