WEIGHT LOSS PLAN

Diet/Exercise Schedule													weight record															
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Wednesday ride a bike lass of mild potato sk cucumbe													4	13	8.2	7	10	12	130	4.6	730	20	138	12	778	28	137.3	上月
Thursday	to pla	to play siece of cot chicken tlass of mil											5	13	8.9	1	Ħ.	13	130	12	7:18	21	133	5	7570	29	137	下牌
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Sunday	running swi of neoork with Gradish Con-											8	13	6.2	Ŧ	M	16	138	0.6	上升	24	.138	1.5	上升	1	138.2	£F	
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breakfast	45.16%	7	7	\sqrt{c}	V.	ж	₹.	8	Œ.	40	1	7	\mathcal{T}_{i}	Z	7	4												
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sports	54.84%	1	7	1	1	di.	1	1	30	6	5	1	15	E.	1	1	5	1	1									

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