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											***													
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breakfast	45.16%	40	1	7	1	×	7	7	€.	T_{ij}	1	7	Ŧ,	7	₹.	4											
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