# WEIGHT LOSS PLAN

Diet/Exercise Schedule													weight record														
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Monday	joggie	W.	2	bur	186	Mag	o T	ofu	ad i	/eg	etat		2	13	9.5	1	F.	10	137	5	下牌	18	139.5	上开	26	139.7	上月
Tuesday	Dano	ę.	two eggs fried vege an apple										3	13	8.5	×	10	11	138	uş-	上升	19	138.5	下降	27	136.2	7530
Wednesday ride a bike lass of mild potato sk cucumbe												4	13	8.2	18	10	12	136	36	<b>T-70</b>	20	138.2	738	28	137.3	上月	
Thursday	to pla	play siece of col chicken blass of mil											5	13	8.9	1	ft.	13	136	2	7:30	21	137.5	770	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	137.5 上升		23	136.6	下層	31	136.2	下層	
Sunday	running swil of neoork with Gitadish Con												8	13	6.2	F	10	16	138	05	ER	24	138.5	上升	1	138.2	1.8
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type	cutive r	1	2	3	4	5	6	I		9	10	ш	22	13	14	15	15	17	18	29	20 21	22	23 24	25 26	27	28 25	30 3
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sports	54,84%	1	7	1	1	6	1	1	×	1	1	4	1	1	1	1	1	1	1								

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