



Monthly Weight Loss Chart



Name: May Parker / Age: 38

Month	Starting Weight	Goal Weight	Actual Weight	Weight Loss
Jan	200 lbs	195 lbs	195 lbs	5 lbs
Feb	195 lbs	190 lbs	192 lbs	3 lbs
March	192 lbs	185 lbs	188 lbs	4 lbs
April	188 lbs	180 lbs	185 lbs	3 lbs
May	185 lbs	175 lbs	178 lbs	7 lbs
June	178 lbs	170 lbs	173 lbs	5 lbs
July	173 lbs	165 lbs	168 lbs	5 lbs
Aug	168 lbs	160 lbs	158 lbs	5 lbs
Sept	163 lbs	155 lbs	153 lbs	5 lbs
Oct	158 lbs	150 lbs	148 lbs	5 lbs
Nov	153 lbs	145 lbs	145 lbs	5 lbs
Dec	148 lbs	140 lbs	140 lbs	5 lbs

Weight Loss Plan This Month Sign In

Joann Lemieux

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Fat-Burner Foods Dr Caroline M. Shreeve, 2015-02-02 With guaranteed weight loss of three kilos seven lbs a week without feeling hungry Fat burner Foods provides a safe and realistic way to diet successfully The diet guarantees satisfactory weight reduction whilst also including all the essential food groups simultaneously banning hunger and boosting energy levels With a comprehensive four day eating plan and a range of easy to prepare adaptable recipes Fat burner Foods provides a dietary plan that helps establish healthier eating and ensures the weight stays off *Monthly Bulletin* ,1895

The Weekend Weight-loss Plan Suzi Grant, 2006-01-05 Enjoy the healthier life Take just one weekend with top nutrition coach Suzi Grant s programme at your side and kickstart the slim fit and vital new you Follow the simple detox and preparation techniques and then decide which two week plan is right for you a detox diet for weight loss that restores and renews a safe and healthy high protein diet and Suzi s Smoothies for the quick and easy option And with easy yoga exercises to tone up it s time to look and feel great whatever the season Includes Unique Smoothie recipe that aids weight loss Simple lists of energizing and cleansing foods How to fit the plan into the rest of your life **The Lancet** ,1875 *Diet Signs* Joann Lemieux, 1982 **Weekly World News** ,1996-01-30 Rooted in the creative success of over 30 years 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 Weekly World News ,1996-05-28 Rooted in the creative success of over 30 years 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 *Weekly World News* ,2000-10-10 Rooted in the creative success of over 30 years 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 *The National Jewish Monthly* ,1969 **Iowa Administrative Bulletin** ,2001 **Decimals, Fractions, Ratios, and Percents** Ellen Carley Frechette, 1995 The James Coco Diet James Coco, Marion Paone, 1985-02 *Buffalo Medical Journal and Monthly Review of Medical and Surgical Science* ,1915 **The (old) Farmer's Almanack** Robert Bailey Thomas, 1995 A compilation of practical advice and folklore features weather forecasts for the United States planting tables health remedies horoscopes recipes games and puzzles and other entertaining and useful information Therapeusis of Internal Diseases Frederick Forchheimer, 1918 *Clinical Diabetes Mellitus* John K. Davidson, 2000 **A Treatise on the science and practice of midwifery** William Smoult Playfair, 1876 The Journal of Metabolic Research Frederick Madison Allen, 1922 Vol 2 no 5 6 contains the first detailed reports of the clinical use of insulin cf Pref p 545 **Annual Meeting of the American Public Health Association and Related Organizations** American Public Health Association, 1987 *The Creamery and Milk Plant Monthly* ,1929

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