

WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule				
time	sports	breakfast	chinese food	dinner
Monday	jogging	2 buns	Mapo Tofu	Vegetable
Tuesday	Dance	two eggs	fried veg	an apple
Wednesday	ride a bike	lass of milk	potato	slk cucumber
Thursday	to play	piece of coal	chicken	glass of milk
Friday	swim	steamed brepper	Banquet of ce	
Saturday	mb mounta	an apple	ed vegetable	potable sal
Sunday	running	ml of noork	with Gidlish	Cor

weight record											
1	138.8		9	138.2	上升	17	137.5	下降	25	139.5	上升
2	139.5	上升	10	137.5	下降	18	139.5	上升	26	139.7	上升
3	138.5	下降	11	138.6	上升	19	138.5	下降	27	136.2	下降
4	138.2	下降	12	136.6	下降	20	138.2	下降	28	137.3	上升
5	138.9	上升	13	136.2	下降	21	137.5	下降	29	137	下降
6	135	下降	14	136	下降	22	138.8	上升	30	137.2	上升
7	139.7	上升	15	137.5	上升	23	136.6	下降	31	136.2	下降
8	136.2	下降	16	138.6	上升	24	138.5	上升	1	138.2	上升

2017.11.17

[illegible]

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Jicheng Xie



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Meeting, International Program on Chemical Safety, 1993 **The American Legion Magazine**, 2000 *Engineering Mechanics*, 1882 **Hoard's Dairyman**, 1895 Nutrition Abstracts and Reviews, 2000 *Marine Engineer and Motorship Builder*, 1893 **Shipbuilding & Marine Engineering International**, 1893 The American Journal of Clinical Nutrition, 1989 **The Agricultural Gazette and Modern Farming**, 1894 **The Lancet**, 1945 New York Magazine, 1981-07-27 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea Collected Papers Milbank Memorial Fund, 1949 **Mayo Clinic Diet Manual** Jennifer K. Nelson, Mayo Clinic, 1994 This guide to nutritional assessment and intervention in wellness and in a wide variety of diseases and disorders from infancy through adulthood documents current research behind the nutrition practices presented and assists health care practitioners in providing appropriate individualized care **SYSTEM ON THE FARM A MANAGEMENT PLAN** PAUL HACKETT, 1917

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