

WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule					weight record											
time	sports	breakfast	chinese food	dinner	1	138.8		9	138.2	上升	17	137.5	下降	25	139.5	上升
Monday	jogging	2 buns	Mapo Tofu	vegetable	2	139.5	上升	10	137.5	下降	18	139.5	上升	26	139.7	上升
Tuesday	Dance	two eggs	fried vegetable	an apple	3	138.5	下降	11	138.6	上升	19	138.5	下降	27	136.2	下降
Wednesday	ride a bike	lass of milk	potato	sliced cucumber	4	138.2	下降	12	136.6	下降	20	138.2	下降	28	137.3	上升
Thursday	to play	piece of cold chicken	glass of milk		5	138.9	上升	13	136.2	下降	21	137.5	下降	29	137	下降
Friday	swim	steamed bun	pepper Beef	bucket of cold	6	135	下降	14	136	下降	22	138.8	上升	30	137.2	上升
Saturday	visit mountain	an apple	fried vegetable	vegetable salad	7	139.7	上升	15	137.5	上升	23	136.6	下降	31	136.2	下降
Sunday	running	roll of noodle	with Glutinous Rice		8	136.2	下降	16	138.6	上升	24	138.5	上升	1	138.2	上升

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Brendan G. Carr

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Teaching and Learning Adnan Salhi, 2006 Excellence in Teaching and Learning is a collaborative effort among education scholars that addresses the theory practice and policy gaps that have plagued classrooms for a long time Divided into three parts it focuses on practical strategies for teaching and learning in different subject areas and at all levels provides research based models for improving teacher quality and addresses diversity within classrooms with regard to the requirements for achieving excellence This book will interest teachers teacher educators administrators and policy makers *Business Week*, 2006-07 **New Age Journal**, 1992

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