

# 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 vege   | 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       | sh 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 col   | 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        | seamed brepper | Beef         | Bucket of col | 6             | 135   | 下降 | 14    | 136   | 下降 | 22    | 138.8 | 上升 | 30    | 137.2 | 上升 |
| Saturday               | mb mounts   | an apple       | ed vegetable | vegetable sal | 7             | 139.7 | 上升 | 15    | 137.5 | 上升 | 23    | 136.6 | 下降 | 31    | 136.2 | 下降 |
| Sunday                 | running     | sal of meat    | with         | Giadish Corn  | 8             | 136.2 | 下降 | 16    | 138.6 | 上升 | 24    | 138.5 | 上升 | 1     | 138.2 | 上升 |

# Sat Practice Weight Loss Plan Usa

**K Morrison**

## **Sat Practice Weight Loss Plan Usa:**

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