

WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule			
time	sports	breakfast	hinese food dinner
Monday	jogging	2 buns	Mapo Tofu& Vegetat
Tuesday	Dance	two eggs fried vege	an apple
Wednesday	ride a bike	lass of mild potato slk	cucumbe
Thursday	to play	slice of col chicken	(lass of mil
Friday	swim	steamed brepper	Bancket of ce
Saturday	mb mounta	an apple	ed vegetable&table sal
Sunday	running	rel of noork with Citadish Con	
2021	7		

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																			

Weight Loss Plan On Sale

IM Harris



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Multistate Sales Tax Guide ,1992 American Druggist ,1928 The Law Times Reports ,1905 **Practical Druggist and Pharmaceutical Review of Reviews** ,1929 California. Court of Appeal (1st Appellate District). Records and Briefs California (State)., **Printers' Ink; the ... Magazine of Advertising, Management and Sales** ,1905 The Publishers Weekly ,1972 *National News* ,1999 *National Stockman and Farmer* ,1903

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