

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 sk	cucumbe
Thursday	to play	piece 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																			

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The Complete Beck Diet for Life Judith S. Beck,2015-04-21 The Complete Beck Diet for Life has descriptive copy which is not yet available from the Publisher Food Allergy and Gluten-Free Weight Loss Nicolette M. Dumke,2011 Food Allergy and Gluten Free Weight Loss gives definitive answers to the question Why is it so hard to lose weight It is because we have missed or ignored the most important pieces in the puzzle of how our bodies determine whether to store or burn fat

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I-Net+ Guide to the Internet Jean Andrews,2002 Written to prepare the user for CompTIA s 2002 i Net certification exam this text surveys the various different technologies that form and make the Internet work It will prepare the reader to understand current technologies and make intelligent business decisions concerning the Internet

Red Voices ,2003 **Vegetarian Times** ,2010 **Feminist Collections** ,2003 **Good Housekeeping** ,2003 *Runner's World* ,2008 **Wise Weight Loss** Oxmoor House,2002

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