



WEIGHT LOSS

MON	TUE	WED	THUR	FRI
🍏	🍏	🍏	🍏	🍏
🍏	🍏	🍏	🍏	🍏
🍏	🍏	🍏	🍏	🍏
🍏	🍏	🍏	🍏	🍏
🍏	🍏	🍏	🍏	🍏
🍏	🍏	🍏	🍏	🍏

30 MONTH

1	25	31	AY	30
1	2	3	10	10
4	5	15	10	10
17	15	10	10	20
10	20	20	20	20

301