

EAT ANYTHING

Daily Calorie Intake:		1400	
Date	Target Weight (Kg)	Actual Weight (Kg)	Total loss
8/11/17		77.5	
15/11/17	77		
22/11/17	76.5		
29/11/17	76		
6/12/17	75.5		
13/12/17	75		
20/12/17	74.5		
28/12/17	74		
3/1/18	73.5		
10/1/18	73		
17/1/18	72.5		
24/1/18	72		
31/1/18	71.5		
7/2/18	71		
14/2/18	70.5		
21/2/18	70		
28/2/18	69.5		
7/3/18	69		
14/3/18	68.5		
21/3/18	68		
28/3/18	67.5		
4/4/18	67		