

# Weight Loss

THE ONE WEEK CHALLENGE



138.5 - July 6th  
goal is:  
130 by July 15th

# Weight Loss

THE ONE WEEK CHALLENGE



137.2 - July 7th  
goal is:  
130 by July 15th

# Weight Loss

THE ONE WEEK CHALLENGE



133.9 - July 8th  
goal is:  
130 by July 15th

# Menu for July 8th

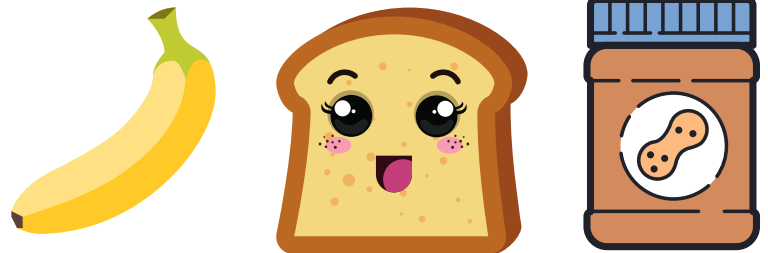
steel cut oats - 1/4 cup  
pumpkin pie spice  
1/2 banana



chamomile tea



one slice of toast  
crunchy peanut butter  
1/2 banana



chamomile tea



Chili Verde  
Pork Tenderloin  
Salad

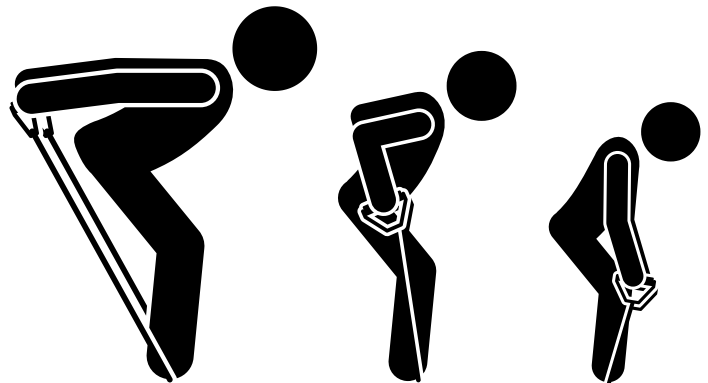


# Exercise for July 8th

300 jumping jacks  
100 at a time



75 bent rows  
with resistance  
25 at a time



150 free weight bicep  
curls  
to tricep pump  
50 at a time

