



WEEK

chart

# WEIGHT LOSS

**Instructions:** List your starting weight. Each week, weigh yourself at the same time of day. Calculate your weight lost for the week, and total lost from the starting weight.

WEEKLY TOTAL

WEEK

WEIGHT

LOSS

LOSS

starting:			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

*\*always consult your doctor before taking on any weight loss program*

# Prepping For Weight Loss Free Templates Organically Complete Beginner

**K Morrison**



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web die grundstufe des autogenen trainings wird zur entspannung eingesetzt die sechs Übungseinheiten dieser stufe führen zu einem schwere und wärmegefühl in armen und beinen der beruhigung von pulsschatlag und atmung zu einem wärmegefühl im solarplexus sonnengeflecht und einer angenehmen kühle der stirn

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web in diesem kurs erlernen sie die grundstufe des autogenen trainings der kurs richtet sich an alle menschen die sich nach entspannung sehnen und stress besser wegstecken möchten sie lernen wie sie die kraft der gedanken nutzen um ihren körper auf wohlgefühl und entspannung einzustellen