

1000

40

— **Судья** —

**Figure 1**

**Figure 1**

**Figure 1**

**Figure 1**

100

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Calligraphy  
Illustration

**Wahl**



**Abstract**

Total  
Calories/Points:  
Fat:  
Fiber:  
Carbs:  
Protein:  
Exercise:  
Sleep:

[illegible]

# My Diet Journal For 5 Weeks

**Wenbin Ji**



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