1. [2025-07-09 22:03:00.783200]

1 loose 1kg in a week

2. [2025-07-09 22:06:10.648835]

hy

3. [2025-07-09 22:08:38.373620]

loose 1kg in a month

4. [2025-07-09 22:24:19]

I loose 2 kg in a month

5. [2025-07-09 22:28:59]

loose 2kg

6. [2025-07-10 01:01:47]

I gain 0.2 kg weight this week

7. [2025-07-10 01:35:02]

walked 1000 steps and eat healthy

8. [2025-07-10 02:03:52]

maintain weight for a month

9. [2025-07-10 04:20:27]

I loose 4kg this month

10. [2025-07-10 04:26:00]

i've loose 1 kg this week

11. [2025-07-10 04:26:55]

I've loose 1 kg more in this week

12. [2025-07-10 04:48:03]

I've gain 0.5kg this week

13. [2025-07-10 18:28:59]

loose 1 kg this week and walk 10 minutes daily