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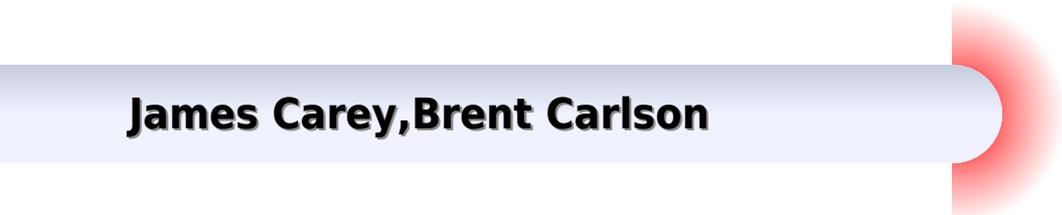


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# Weight Loss Framework

**James Carey, Brent Carlson**



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$\omega$  represents the frequency of a sine wave when we write it this way  $\sin \omega t$  if  $\omega = 1$  the sin completes one cycle in  $2\pi$  seconds if  $\omega = 2\pi$  the sin completes one cycle sooner every 1 second for  $f = 1$  if  $\omega = 2\pi f$  the sin completes one cycle even faster every  $1/f$  seconds or equivalently sin completes  $f$  cycles in 1 second

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