



My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Light Blue Cover, 6 x9, 220 Pages, Track Progress Daily for

By Nifty Notebook

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to make sure you achieve your weight-loss or dieting goals? You can use this handy-sized 6 x9 journal for almost any diet or weight-loss system (for example: Doctor s Diet, Paleo Diet, Hungry Girl Diet, South Beach Diet, Dukan Diet, Atkins Diet, Super Shred Diet, etc.) This food and exercise journal allows you to log everything you eat and drink, mark down the exercise you do, count calories, carbs, etc. and track your progress daily and weekly. There is also a weekly diary page to jot down your thoughts and feelings. The 220 pages contain a full 2-page spread per day followed by a weekly summary. There is enough room for 13 weeks, or just over 3 months of daily tracking and it is small enough to fit in your bag or purse. Studies have shown that conscientious tracking of your daily intake has a positive effect on results achieved. This 220 page personal diet journal will help you set your weight-loss goals, track your progress daily/weekly and ultimately achieve the results...



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Reviews

This publication will be worth purchasing. This is for all those who statte there was not a worthy of reading through. I discovered this publication from my dad and i suggested this pdf to find out.

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Very helpful to all of group of men and women. It can be writter in easy terms instead of confusing. You will like how the writer write this book.

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