



My Personal Diet Journal Set Goals - Track Progress - Get Results: Daily Diet Journal and Food Diary, Retro Green Floral Cover, 220 Pages, Track Progress Daily for 3 Months (Paperback)

By Spicy Journals



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 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 8.5 x11 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. 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 you crave. Part of the Notebook not Ebook series with cover design by annumar - Believe...



READ ONLINE
[1.09 MB]

Reviews

Absolutely among the best publication I have at any time go through. It is definitely basic but shocks from the 50 % of the book. I discovered this book from my i and dad advised this publication to find out.

-- **Solon Pacocha**

A top quality pdf and also the font employed was intriguing to read. It is one of the most awesome publication we have read. I am delighted to tell you that here is the finest book we have go through in my personal life and can be he very best pdf for at any time.

-- **Webster Kub**