

Wellness Journal: A Daily Sleep, Mood, Fitness & Health Tracker - Get 1% Better Every Day (Paperback)



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Reviews

I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook I actually have read through inside my individual daily life and can be the finest ebook for possibly.
(Dayne Johns)

WELLNESS JOURNAL: A DAILY SLEEP, MOOD, FITNESS & HEALTH TRACKER - GET 1% BETTER EVERY DAY (PAPERBACK)

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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Are you trying to live a better life? Do you want to connect the dots between what you eat and how you feel?The FashPash wellness journal helps you find where your eating habits fit into your broader well-being. From sleep to exercise to mindfulness, gratitude and doing things for yourself. How you feel is a result of all of things elements working well together.It is so pretty and elegantly designed that you'll look forward to tallying up your meals. This daily companion will help you become the best version of you.With daily questions of what you could do better, it uses the Kaizen technique of improving by just a little bit every day. If you improve just 1% per day, you'll be 37 times better in a year! 1% is so easy, you know you can do it and this health journal will help you improve.Easily keep track of what you eat and drink, how many vegetables you eat, how many glasses of water, how much exercise you do and what it is and then evaluate how all that made you feel and sleep. With room for 90 days of daily writing your convenient diary and motivating planner will help you achieve your lifestyle and wellness goals.Note your sleeping qualityEasily record breakfast, lunch, dinner and snacksMonitor water and vegetable intakeTrack exercise, mindfulness & meditation, personal activitiesIdentify 2 things you are grateful forEvaluate what you could do betterThe wellness journal is a handy purse size you can carry everywhere with you at 5.25 x 8 inches (13 x 20cm). With two pages per day there is plenty of room to write down your activities.Why this simple food diary is so effective as a weight loss tactic?If I were to...

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