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Amazon Digital Services LLC - Kdp Print Us, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Give it a try and change your world! - Are you trying to eat a healthier diet? - Are you working on getting your body into better shape? Then Beautiful New Me food and exercise journal is just for you! - It's the perfect guide to help you on your beautiful new journey! Its extremely organized and easy to use! Nothing will be better than the Beautiful New Me food and exercise journal! Features include: Hello Beautiful Me allows you to: - Keep Track of the meals you consume. - Monitor your daily water intake. - Monitor your daily exercises. - Monitor your calorie intake and calories burned. It is a great size (6 x 9 in) to carry around on a daily basis and allow you to write down everything you need in a flash. Why are food diaries so effective in helping you with weight loss? Accountability: Writing everything down and seeing your daily intake increases your perception of how much you truly eat. Makes you stop before you chomp Helps to truly portion out your foods Ties in the connections to stress, emotion, timing and location: This can help people assess how stress may be controlling their food choices.



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