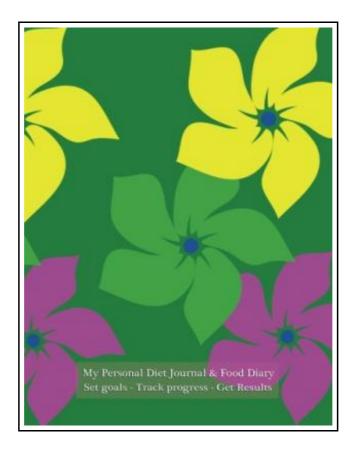
My Personal Diet Journal Set Goals - Track Progress - Get Results: Daily Diet Journal and Food Diary, Retro Green Floral Cover, 220 Pages, Track Progress Daily for 3 Months



Filesize: 5.64 MB

Reviews

Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe. (Emmett Mann)

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



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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 You Can and You Will on a orange cover. Our notebooks all have a distinctive and often inspirational colorful cover. The notebook is perfect bound so that pages will not fall out and has a soft yet sturdy cover. To see our full range of notebooks and journals visit us at or click on the Amazon author link for Spicy Journals above.

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