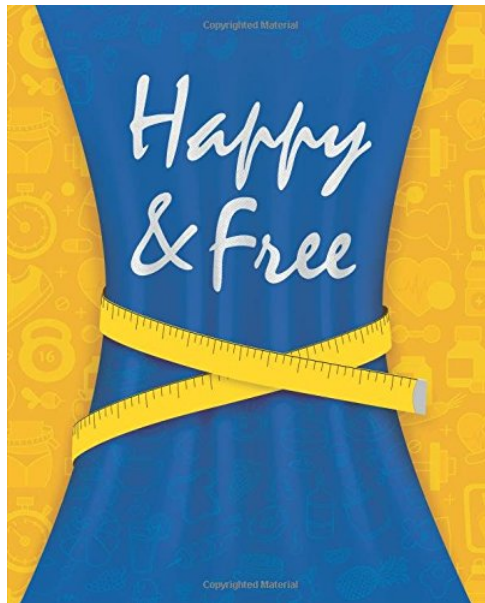


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Live happy and free of weight worries. Are you trying to lose weight, eat healthier and be more active? Then Happy and Free food journal and activity log is just what you need. Specially designed for optimal weight loss results, it is very simple to use and will help you track your eating and how active you are on a daily basis. Features: Happy & Free allows you to easily record and keep track of: your food intake through the day: breakfast, lunch, dinner and snacks. your water intake. your daily activity and exercises. your cravings and how you respond to them. your sleep time and whether you get enough of it. your mood and how it reflects on your will and eating habits. your progress and missteps. It is 7.5 x 9.25 in and provides enough space to jot down everything needed. BONUS: It includes habit tracker pages to help you introduce and track good habits to your daily routine and achieve your goals faster. Studies show keeping a food diary to monitor your diet is one of the best ways to stay motivated and consistent and manage your weight effectively. Cute, simple, intuitive and portable give it a try and see the results!

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