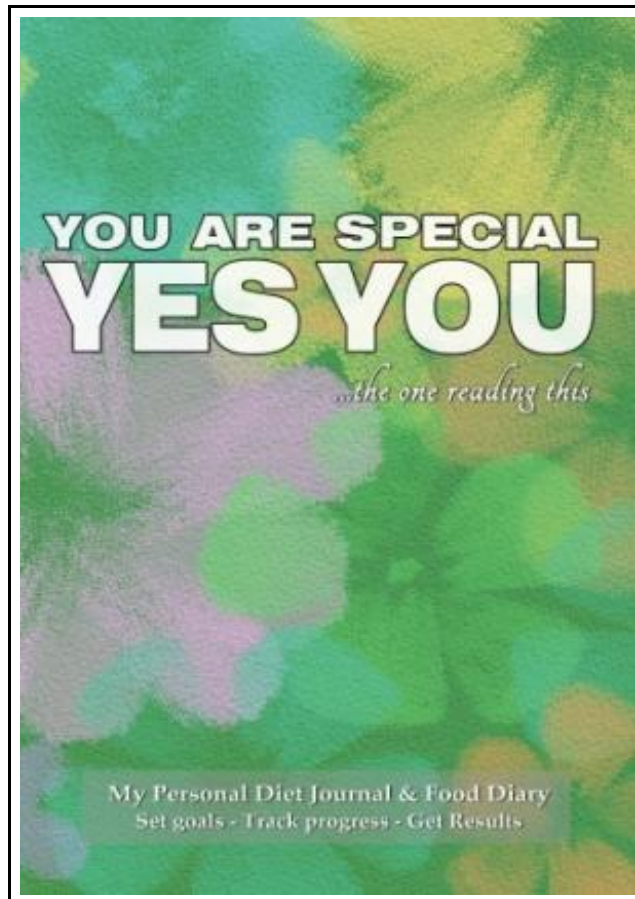


**My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Pastel Green Floral Cover, 7 x10, 220 Pages, Track Progress Daily**



Filesize: 8.37 MB

### ***Reviews***

*This book is really gripping and fascinating. I was able to comprehend every little thing out of this published e pdf. Your life span will likely be transform when you full looking at this ebook.  
(Mrs. Heaven Schmeler)*

**MY PERSONAL DIET JOURNAL FOOD DIARY SET GOALS - TRACK PROGRESS - GET RESULTS: EFFECTIVE WEIGHT-LOSS OR DIET JOURNAL AND FOOD DIARY, PASTEL GREEN FLORAL COVER, 7 X10, 220 PAGES, TRACK PROGRESS DAILY**

DOWNLOAD



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 254 x 178 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 7 x10 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 - You are Special. 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. Also available in a spacious 8.5 x11 version. To see our full range of notebooks and journals visit us at or click on the Amazon author link for Spicy Journals above. For notebooks and personal diet journals with similar colorful covers in a smaller handy-sized format (6 x9 etc.) visit our sister company or search for Nifty Notebook in the search box above.



**Read My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Pastel Green Floral Cover, 7 x10, 220 Pages, Track Progress Daily Online**



**Download PDF My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Pastel Green Floral Cover, 7 x10, 220 Pages, Track Progress Daily**

## Other Kindle Books



### **Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Read ePub »](#)



### **Programming in D: Tutorial and Reference (Paperback)**

Ali Cehreli, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The main aim of this book is to teach D to readers who are...

[Read ePub »](#)



### **A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Read ePub »](#)



### **Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on...

[Read ePub »](#)



### **Alphabet Tracing (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Alphabet Tracing, Letters A-Z, provides extensive focus on alphabet tracing and printed letter...

[Read ePub »](#)