

## **My Personal Diet Journal Food Diary Set Goals Track Progress Get Results Daily Diet Notebook And Food Diary Retro Black Floral Cover 220 Pages Track Progress Daily For 3 Months**

90 DAYS Exercise & Diet Journal is your companion during your 90 day diet. Start the year right with this food and exercise journal. Designed to easily track both your diet and exercise efforts. This easy-to-use record the foods you eat for breakfast, lunch, dinner, and snacks. It also includes places to note calories, exercise, weight, sleep, glasses of water, and servings of fruits and veggies. Ideal for quick record keeping at home, at work, or on the go. Size: 6x9 Inches Planner, Motive and chalange yourself. Get started today with 90 Day Diet Challenge Journal!

This Food Diary notebook tracker is a great way to focus on your health and keeping you aware of what's going into your body. Whether your goal is for losing weight, fitness, or just get healthy, this planner is perfect for tracking your meals and nutrition. The interior pages of this notebook includes space to record the following: Daily Nutrition Log - Record & Write Fat, Calories, Sugar, Carbs, Protein, Fiber & Sodium for Meals and Snacks. Breakfast, Lunch, Dinner & Snacks - Log your Food Intake for each meal you eat and snack for the day. Daily Total - Keep track of your Daily Totals. Reflection Page - For writing how your day went, did you exercise, water intake you consumed, activity, any symptoms you experiences, stool, weight loss amount & results, etc. or any other important information you want. Will also make a perfect gift for that special person in your life who wants to track their food and nutrition. Journals can help you keep all of your important information all in one place. Simple and easy to use. Size is 6x9 inches, 114 pages, soft matte finish cover, white paper, black ink, paperback.

It has been proven that you will have more success with your diet if you track your meals and snacks. But you don't always want to broadcast to the world that you are dieting, so this "Discreet" Food Log for Diet Success has a plain cover and a convenient pocket/purse size (5" x 8"). This cover will not advertise that you are dieting so you can keep your business to yourself. There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off. In a six month study published in the American Journal of Preventive Medicine, people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less. "My Personal Diet Journal" has been designed for flexibility; you don't have to fill out every single area marked if you don't want to ... just try to be consistent so when you review your entries over a week (or month or longer), you have information that can help you understand your eating behavior and how you are -- or should be -- changing your relationship with food. If this is your first attempt at getting fit or if you've had trouble getting or keeping weight off in the past, "My Personal Diet Journal" will help you achieve the results you want and deserve. And, with the low-key cover and handy size, your diet will be nobody's business but your own. There are 5 books in this series of Food Logbooks with covers that understate their function as a diet aid: My Personal Diet Journal - The Discreet Food Log for Diet Success 1 Diet Journal Notebook - The Discreet Food Log for Diet

Success 2 Food & Exercise Journal - The Discreet Food Log for Diet Success 3 Diet Tracker - The Discreet Food Log for Diet Success 4 Diet Journal - The Discreet Food Log for Diet Success 5 Key Words: Weight Loss, Food Log, Diet Diary, Food and Exercise Log, Food Journal, Diet Journal, Mediterranean Diet, Dash Diet, Diet and Fitness Journal, CalorieKing, Diet Tracker, HealthMinder, BodyMinder, 40-30-30, Ketogenic, Diet and Fitness Logbook, Gluten-Free, Paleo, Food and Exercise Journal, Acid Alkaline Diet, Low Carb, Diet and Fitness Log, Food and Exercise Logbook, Fitness and Nutrition Journal, Intermittent Fasting, Flat Belly, Anti-Inflammatory, Low Fat

Super Charge Your Weight Loss Success! Keeping a food log has been proven to be one of the most effective tools for people to make lifestyle choices in regard to the healthy consumption of food. There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off. In a six month study published in the American Journal of Preventive Medicine, people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less. Conveniently pocket sized (6" x 9"), "My Personal Diet Journal" has been designed for flexibility; you don't have to fill out every single area marked if you don't want to ... just try to be consistent so when you review your entries over a week (or month or longer), you have information that can help you understand your eating behavior and how you are -- or should be -- changing your relationship with food. If this is your first attempt at getting fit or if you've had trouble getting or keeping weight off in the past, "My Personal Diet Journal" will help you achieve the results you want and deserve.

Do you want to make sure you achieve your weight-loss or dieting goals? You can use this handy-sized 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 and it is small enough to fit in your bag or purse. 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 Spicy Notebook diet journal series with gold effect cover design by annumar. 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 [Spicyjournals.com](http://Spicyjournals.com) or click on the Spicy Journalslink above.

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

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pages will not fall out and has a soft yet sturdy cover. To see our full range of notebooks and journals visit us at [Spicyjournals.com](http://Spicyjournals.com) or click on the Spicy Journals link above.

A quality checklist-format food diary for tracking meals, food counts, exercise and more. Leatherette cover in forest green with gold foil embossing.

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