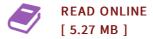




My Personal Diet Journal Set Goals - Track Progress - Get Results: Daily Diet Journal and Food Diary, Retro Green Floral Cover, 220 Pages, Track Progress Daily for 3 Months (Paperback)

By Spicy Journals

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...



Reviews

Thorough information for publication lovers. it was actually writtern extremely properly and useful. I found out this publication from my i and dad suggested this book to learn. -- Dr. Garnett McLaughlin II

This is actually the best book i actually have go through right up until now. It generally will not price an excessive amount of. I discovered this book from my dad and i suggested this book to understand. -- Norma Carroll

See Also



Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...



I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese (Paperback)

Paraxus International, Inc., United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Please go to // and shapes for some high resolution sample pages. Learn Chinese - Basic Skills for...



Davenport s Maryland Wills and Estate Planning Legal Forms (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book written by attorneys and published by Davenport Press provides a quick review of law and a good range...



5 Mystical Songs: Vocal Score (Paperback)

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Vaughan Williams setting of four poems from George Herbert s 1633 collection, The Temple: Sacred Poems was done...



Odes Funebres, S.112: Study Score (Paperback)

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Liszt composed three Odes funebres betwwen 1860 and 1866, shortly in the wake of his first 12 tone...



From Out the Vasty Deep (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Love, ghosts, mystery and a sense of impending horror are the ingredients of this story which is...