

My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Pink Cover, 6 x9, 220 Pages, Track Progress Daily for 3



Filesize: 4.33 MB

Reviews

Very useful to all of class of individuals. This really is for all those who statte there had not been a worthy of looking at. I am just very happy to let you know that here is the finest ebook i have got go through within my individual daily life and might be he finest ebook for actually.

(Delores Mitchell PhD)

**MY PERSONAL DIET JOURNAL FOOD DIARY SET GOALS - TRACK PROGRESS - GET RESULTS:
EFFECTIVE WEIGHT-LOSS OR DIET JOURNAL AND FOOD DIARY, PINK COVER, 6 X9, 220 PAGES,
TRACK PROGRESS DAILY FOR 3**

DOWNLOAD



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 226 x 150 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 handy-sized 6 x9 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 Nifty Notebook diet journal series with cover design by annumar - Dream, Believe, Achieve. 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 Nifty Notebook above. For notebooks and journals with similar colorful covers in a larger format (8.5 x11) visit our sister company or search for Spicy Journals in the search box...



Read My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Pink Cover, 6 x9, 220 Pages, Track Progress Daily for 3 Online



Download PDF My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Pink Cover, 6 x9, 220 Pages, Track Progress Daily for 3

See Also



I Want to Thank My Brain for Remembering Me: A Memoir

Back Bay Books. PAPERBACK. Book Condition: New. 0316118796 Never Read -12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good...

[Save Document »](#)



Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Save Document »](#)



I Want to Play This!: Lilac

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, I Want to Play This!: Lilac, Catherine Baker, Bug Club is the first whole-school reading programme that joins books and an online reading world to teach...

[Save Document »](#)



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Egg Fried Rice (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It...

[Save Document »](#)



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Seasick (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It...

[Save Document »](#)