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(Kaya Rippin)

FOOD DIARY 90 DAYS: DAILY WEIGHT LOSS ACTIVITY JOURNAL (ORANGE) (PAPERBACK)



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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. FOOD DIARY 90 Days is your beautiful daily weight loss and activity diary; it covers the next 90 days.90 days to the new you! This diary will act as a motivational planner - it ll give you a chance to plan, reflect, and change. Use it in your journey and forever alter the way you view fitness, health, and weight loss. This diary can be used to: Fill out the foods you eat Track your exercise Plan your weekly meals List your weekly goals Track your progress Support any type of diet plan (from high fat to no fat) Of course, this diary can also be used as a doorstop, but only after your goals are reached! Use the Look Inside feature of Amazon or look at the back of the book to see inside pages. - Measure your Food Consumption: Create an overview of daily intake of breakfast, lunch, dinner, snacks, total calories, protein/fiber content, and water consumption. - Measure your Fitness: Achieve your fitness and workout goals by tracking exercise by sets, reps, distance, and time. - Measure your Body: Record the measurements of your chest, waist, belly, hips, thighs, and Body Mass Index (BMI). These measurements can be taken on days 1, 30, 60, and 90, while your weight can be noted daily. Taking measurements helps you see your real weight loss (sometimes that ol scale is full of lies!). Measuring tape sold separately! The diary offers many details to help make tracking simple. It has a Quick Timetable, a Results Page and a contract - something you can sign to keep yourself accountable. The book itself looks as fantastic as you do: it s features tightly...



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