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## Food Diary 90 Days: Daily Weight Loss Activity Journal (Blue) (Paperback)

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By Cute Food Diary Ideas

Createspace, United States, 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:...



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