


[DOWNLOAD](#)


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

By Nifty Notebook

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 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...



[READ ONLINE](#)

[ 8 MB ]

### Reviews

*This kind of pdf is every thing and made me seeking ahead plus more. It is probably the most amazing ebook i have study. I am quickly can get a enjoyment of reading a composed pdf.*

-- **Florence Rutherford DDS**

*Definitely among the best ebook I actually have possibly read through. It is really simplified but unexpected situations in the 50 % from the publication. You wont truly feel monotony at at any time of the time (that's what catalogues are for concerning in the event you ask me).*

-- **Jerald Champlin II**

## You May Also Like

---



### [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 Copy- I ship FAST with FREE tracking!!...

---



### [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 Write Inc. Set 1 and 2 sounds....

---



### [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 today's children to read. In this book,...

---



### [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 is based on Oxford Reading Tree which...

---



### [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 is based on Oxford Reading Tree which...

---



### [Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Craig Saves the Day \(Hardback\)](#)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 173 x 145 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...

---