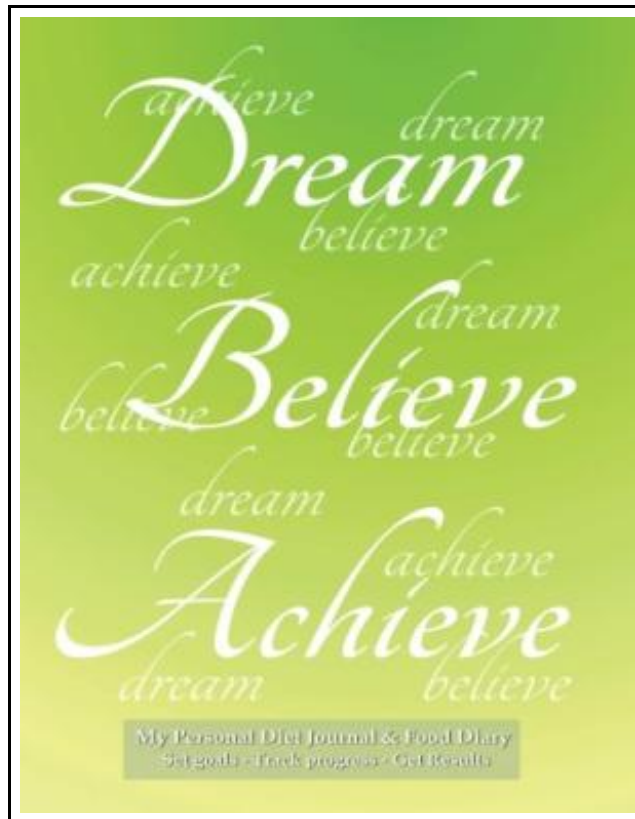


My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Green-Yellow Cover, 220 Pages, Track Progress Daily for 3 Months (Paperback)



Filesize: 3.7 MB

Reviews

*This book can be worthy of a read, and much better than other. It usually fails to charge a lot of. I realized this publication from my dad and i encouraged this pdf to understand.
(Prof. Flo Cruickshank DDS)*

MY PERSONAL DIET JOURNAL FOOD DIARY SET GOALS - TRACK PROGRESS - GET RESULTS: EFFECTIVE WEIGHT-LOSS OR DIET JOURNAL AND FOOD DIARY, GREEN-YELLOW COVER, 220 PAGES, TRACK PROGRESS DAILY FOR 3 MONTHS (PAPERBACK)



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 - 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 Spicy Journals above. For notebooks and personal diet journals with similar colorful covers in a smaller handy-sized format (6 x9 etc.) visit our sister company or search for Nifty Notebook in the search box above.



[Read My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Green-Yellow Cover, 220 Pages, Track Progress Daily for 3 Months \(Paperback\) Online](#)



[Download PDF My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Green-Yellow Cover, 220 Pages, Track Progress Daily for 3 Months \(Paperback\)](#)

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...

[Read PDF »](#)



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...

[Read PDF »](#)



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...

[Read PDF »](#)



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 between 1860 and 1866, shortly in...

[Read PDF »](#)



Halloween Stories: Spooky Short Stories for Children (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.10 Halloween Stories for Kids!Happy Halloween! Your child will enjoy this Halloween book...

[Read PDF »](#)

**Public Opinion + Conducting Empirical Analysis**

SAGE Publications Inc, United States, 2011. Kit. Book Condition: New. Revised ed.. 279 x 217 mm. Language: English . Brand New Book. Public Opinion : One of the central tenets of a democracy is that

[Save ePub »](#)

**Child s Health Primer for Primary Classes (Paperback)**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Description Notice: This Book is published by Historical Books Limited

[Save ePub »](#)

**Serenade for Winds, Op. 44 / B. 77: Study Score (Paperback)**

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 240 x 166 mm. Language: English . Brand New Book ***** Print on Demand *****.Dvorak composed this deservedly popular work 1878 shortly after the premiere

[Save ePub »](#)

**Hoppy the Happy Frog: Short Stories, Games, Jokes, and More! (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a kid s or children s book that is

[Save ePub »](#)

**Potty in the Potty Chair (Paperback)**

Little Fig, LLC, United States, 2015. Paperback. Book Condition: New. Deb McQueen (illustrator). 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.My oldest son was fascinated with games. So,

[Save ePub »](#)