

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



Filesize: 9.41 MB

Reviews

These sorts of pdf is the greatest publication readily available. It can be rally intriguing throgh looking at time. You can expect to like how the blogger publish this book.

(Prof. Eric Kuvalis II)

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

DOWNLOAD



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 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, Blue 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, Blue Cover, 6 x9, 220 Pages, Track Progress Daily for 3

Related Kindle Books



Patent Ease: How to Write You Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners!...

[Read Document »](#)



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Read Document »](#)



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Read Document »](#)



How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Read Document »](#)



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for...

[Read Document »](#)