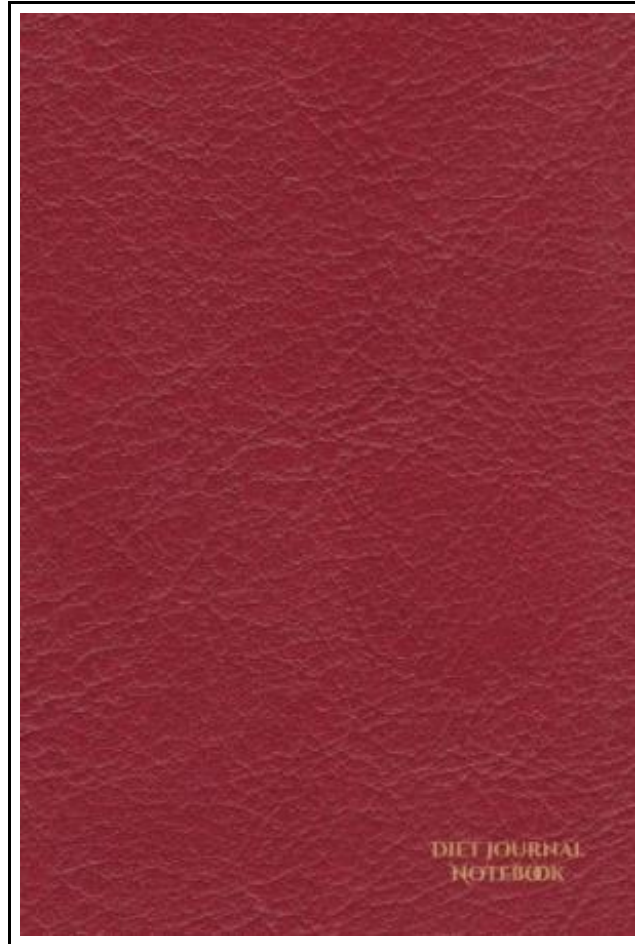# Diet Journal Notebook

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Reviews

The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).
(Kevin Bergstrom Sr.)

DIET JOURNAL NOTEBOOK

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Createspace, United States, 2015. Paperback. Book Condition: New. 230 x 153 mm. Language: English . Brand New Book ***** Print on Demand *****.With this Discreet Personal Diet Journal, you won t broadcast to the world that you are dieting. This diet journal notebook has a plain cover so you can keep your business to yourself. And the convenient 5 x 8 size makes it easy to keep out of site in a purse or pocket. There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off. In a six month study published in the American Journal of Preventive Medicine, people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less. The Diet Journal Notebook has been designed for flexibility; you don t have to fill out every single area marked if you don t want to . just try to be consistent so when you review your entries over a week (or month or longer), you have information that can help you understand your eating behavior and how you are -- or should be -- changing your relationship with food. If this is your first attempt at getting fit or if you ve had trouble getting or keeping weight off in the past, the Diet Journal Notebook will help you achieve the results you want and deserve. And, with the low-key cover and handy size, your diet will be nobody s business but your own. There are 5 books in this series of Food Logbooks with covers that understate their function as a diet aid: My Personal Diet Journal - The Discreet Food Log for Diet Success 1 Diet...

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