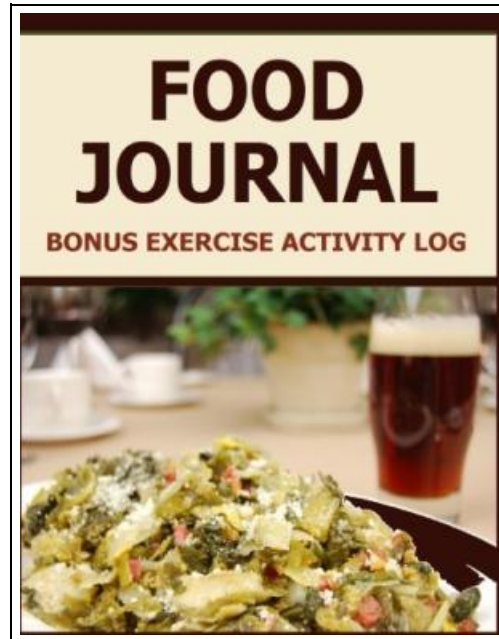


Food Journal: Bonus Exercise Activity Log



Filesize: 4.82 MB

Reviews

It is one of the most popular publications. It is actually written in easy words instead of confusing. You will like how the author created this book.

(Art Gislason)

FOOD JOURNAL: BONUS EXERCISE ACTIVITY LOG



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Food Journal is helpful for anyone who wants to track their food intake for weight loss or health. A change in diet has little chance of being successful unless a method is used to account for calorie intake. Tracking calories gives a true picture of whether or not goals are being met or if the person is on the right track. In this book, each Fill in the Blank worksheet has a place to track: -Progress Report of Starting and Desired Goal plus Final Results -Daily log to list foods for Breakfast, Lunch, Dinner and Snacks -List Amount of food eaten -List Number of Calories -List Time, Location, How Hungry (are you) and Meal Totals -All Daily totals -All Fluid Intake -BONUS: Exercise Activity Log -Detailed weekly total and final totals for 12 full weeks -Daily Weight Log to Track weight loss Let the Food Journal assist in your life changing goal to live a healthier and happier life.



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