



My Diet Journal: Train Hard Eat Well, Diet Journal Diary, 6 X 9, 12 Weeks of Daily Entries

By My Diet Journal

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Diet Journal Suitable For Any Diet My Diet Journal is a detailed food diary that provides you with plenty of room to record the essential information you need to know for weight loss and staying healthy. You can track your three main meals plus two snacks with each one having room to record food counts (calories, carbs, protein and fats).Each day has two pages with lots of space and an area to record exercise details and notes about your day. Your notes can provide you deep insight as to why you are eating the way you are. You can record your feelings, stresses and reasons why you felt you ate the way you did that day.This food diary can be used with virtually any diet program available today. All the sections have ample room and blank lines so you can customize it how you see fit. Track points, cycles, macronutrients and even water intake.Why 12 weeks worth of daily entries? It gives you enough time to identify your eating habits, the types of foods you are eating and...



READ ONLINE
[3.24 MB]

Reviews

An extremely wonderful ebook with lucid and perfect explanations. I was able to comprehend almost everything using this composed e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Kimberly Carroll**

This publication is definitely not effortless to get going on reading through but really exciting to read through. it was actually written really properly and beneficial. I am just very easily could get a delight of reading through a created publication.

-- **Gino Jerde Jr.**