

Diet Journal



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Reviews

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(Giovanny Rowe)

DIET JOURNAL



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.It has been proven that you will have more success with your diet if you track your meals and snacks. But you don t always want to broadcast to the world that you are dieting, so this Discreet Diet Journal for Diet Success has a plain cover and a convenient pocket/purse size (5 x 8). This cover will not advertise that you are dieting so you can keep your business to yourself. 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 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 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...



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