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(Mr. Golden Flatley)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Large 8 x 10 Softback Food Diary / Journal [\$5.50 / 3.99]. IF LOOK INSIDE ISN T LOADING use the blue smART bookx link above to look on our website. INTERIOR: 100 attractive daily records. There s a spacious table to log each item eaten along with its weight, protein, fat, carbohydrate calories. (This table has white grid lines which Look Inside has not picked up!) To help you with learning the right foods for you and what helps you eat them, space is also provided to note: - Time and place eaten . where when do you eat the wrong foods?, - Sleep, energy stress ratings . does mood affect your food?, - Glasses of water . many people snack when actually thirsty, - Allergy symptoms . find if a specific food is one of your triggers, - Supplements or medicines . medication can affect appetite, - Fruit or veg portions . are you filling up on the right stuff?, and - Exercise . directly beneath the food log so it s easy to do a quick daily calorie balance. Customize it! We can t know exactly what s on your mind, so to really make it your own there s: - A spare column to track anything you like e.g. sugar or caffeine, - Plenty of journal space each day, and - A Daily Personal Goal to set yourself. At the back are charts for calculating calories burned at rest and during different activities, your Personal Health Statistics Tracking e.g. weight, waist heart rate, and storing regular meals for quick reference. [Thick white paper throughout minimizes ink bleed-through.] EXTERIOR: Cover: Tough matte paperback. Binding: Secure professional trade paperback...



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