



Food and Exercise Journal: Healthy Weight Loss

By Healthy Diet Journal

Speedy Publishing Books, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Stay healthy and lose extra pounds in 2015! Use this food and exercise journal to help you stay motivated and transform your life! The journal includes space to write down how you feel, track your weight and record everything you eat. Track calories, fat, carbs, protein and more. There are fill-in-the-blank sections for tracking your workouts and reps. Write down how you are feeling after your workout in the How I Feel Today section. It's important to take note of how you feel and make adjustments as needed. The last section includes a space to write down your goals for the next day. You can always assess and change your goals based on your individual results and progress. **Bonus graphing paper is found at the end of the journal. Use this extra space to take notes, make lists or paste pictures.



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