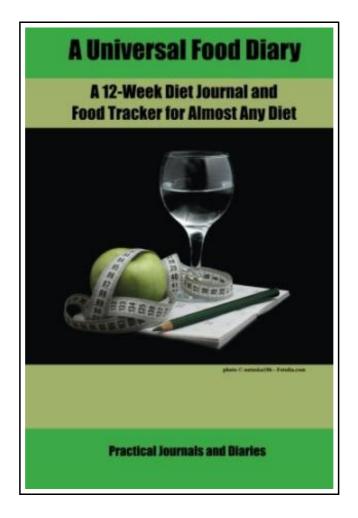
A Universal Food Diary: A 12-Week Diet Journal and Food Tracker for Almost Any Diet (Paperback)



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

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FTL Publications, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ****** Print on Demand ******. Need a food diary? This 12-week diet journal is adaptable to almost any diet. Whatever you re tracking-calories, carbs, fat, fiber, sodium, or other units-this food tracker has a place for it. You can also record your activity or mood. At the beginning of every week, there s a space to record your weight and/or measurements (bust/chest, waist, hips, arms, legs), your goals for the week, and any notes. There s also a space for you to plan fun activities for the week. (Yes, you need to take time to have fun on your diet!). In addition, there s a page of helpful hints for following a weight loss program. More than one research study has shown that keeping track of what you eat is essential in a weight-loss program. So track your food-the results may astound you! Disclaimer: The contents of this food diary may not be construed as a medical diagnosis, treatment, advice, claim, or substitute for a physician s care. Consult a physician or other health care provider before starting a weight loss or exercise program.

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