

My Diet Diary

My Diet Journal

My Diet Journal My Diet Journal,2015-07-07 Diet Journal
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My Food Diary Joan Verba, 2014-11-07 Need a food diary? This 6-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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Calories Lunch Amount & Calories Total Lunch Calories Dinner
Amount & Calories Total Dinner Calories Snacks, Amount &
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