

Smart Diary

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Food Diary Smart Bookx, 2016-09-09 Large Softback 8 x 10 Food Diary / Journal [\$5.50 / £3.99]. (If Look inside isn't loading, click the blue smART bookx link above to look on our website.) INTERIOR: One hundred attractive daily records. As you'd expect, there's a spacious table to log each item eaten along with its weight, protein, fat, carbohydrate and calories. But a food log is all about learning the right foods for you and what helps you eat them, so 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 binding, i.e. it's built to last; pages won't fall out after a few months of use. Dimensions: 20.3 x 25.4 cm (8 x 10). (Almost the same width as A4 but a few cm shorter in height - so no more cramming!) SIMILAR PRODUCTS: smART bookx publish several Food Diaries. Each has the same interior but there are cover designs to suit all tastes. To take a look search "food" & "bookx" on Amazon (don't forget the "x"). This design is very popular! We have many other planners

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Smart and Sustainable Cities? James Evans, Andrew Karvonen, Chris Martin, Andres Luque-Ayala, Kes McCormick, Rob Raven, Yuliya Voytenko Palgan, 2020-12-23 Smart cities promise to generate economic, social and environmental value through the seamless connection of urban services and infrastructure by digital technologies. However, there is scant evidence of how these activities can enhance social well-being and contribute to just and equitable communities. Smart and Sustainable Cities? Pipedreams, Practicalities and Possibilities provides one of the first examinations of how smart cities relate to environmental and social issues. It addresses the gap between the ambitious visions of smart cities and the actual practices on the ground by focusing on the social and environmental dimensions of real smart city initiatives as well as the possibilities they hold for creating more equitable and progressive cities. Through detailed analyses of case studies in the United States, Australia, the United Kingdom, Japan, Germany, India and China, the contributors describe the various ways that social and environmental issues are interpreted and integrated into smart city initiatives and actions. The findings point towards the need for more intentional engagement and collaboration with all urban stakeholders in the design, development and maintenance of smart cities to ensure that everyone benefits from the increasingly digitalised urban environments of the twenty-first century. The chapters in this book were originally published as a special issue of the journal Local Environment.

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Edward Hunter Snow Thomas G. Alexander, 2012-10-29 The life of Edward Hunter Snow (1865-1932), a leader in second-generation Mormon Utah, closely paralleled the early-twentieth-century development of the West. Born in St. George, Utah, to Julia Spencer and Mormon apostle Erastus Snow, Edward Hunter Snow was instrumental both in the development of southern Utah and in the growth of the Church of Jesus Christ of Latter-day Saints during a period of rapid change. In

Edward Hunter Snow, the first biography of the man, noted western and Mormon historian Thomas G. Alexander presents Snow as a servant of family, church, state, and nation. Offering insights into the LDS Church around the turn of the twentieth century, Alexander narrates the events of Snow's missions to the American South, including encounters with the Ku Klux Klan in the 1880s, and to New York. As president of the St. George Stake and church leader, Snow sought to reshape the LDS Church's place in Utah—confining its influence to religious and cultural practices and avoiding politics. Although he was involved in numerous causes throughout his life, Snow was especially dedicated to education. A graduate of what is now Brigham Young University, he worked to ensure that the state's children would have access to quality education. Snow founded what is now Dixie State College and, as a state senator, introduced legislation to establish what is now Southern Utah University. As the nineteenth century gave way to the twentieth, Snow helped St. George grow from an isolated cotton colony to an important stop on the main automobile route from Salt Lake City to Los Angeles. Alexander shows that rugged, southwestern Utah's flowering into cultural and commercial maturity was due to the foresight and dedication of second-generation pioneers like Edward Hunter Snow.

Whispering the Secrets of Language: An Mental Journey through **Smart Diary**

In a digitally-driven earth where displays reign supreme and quick conversation drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases often get unheard. Yet, located within the pages of **Smart Diary** a charming literary prize sporting with raw feelings, lies a fantastic journey waiting to be undertaken. Penned by an experienced wordsmith, that

charming opus attracts visitors on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within the fabric of each word. Within the emotional depths of this moving review, we will embark upon a sincere exploration of the book's primary themes, dissect their interesting writing design, and succumb to the powerful resonance it evokes seriously within the recesses of readers' hearts.

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