



Diet and Exercise Journal: (Black Cover) (Paperback)

By I've Got This Journals

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Diet and Exercise Journal, Volume 4, in Black by I've Got This Journals Great journal for keeping track of workouts and food intake ; - review Love this book! -review This gives me an idea on how to keep track on what I eat and what works for me. I always go back to the date where it works best and to keep on track January 2016: Now the I've Got This Diet and Exercise Journals are available in even MORE cover selections! Hello Beautiful, Better Every Day, and Rugged. Click on the I've Got This Journals author page to view all of our new additions; be sure to buy I've Got This Journals for the same great content pages inside! Research shows that keeping a food diary aids and supports weight loss - for just one example, Kaiser Permanente Care Management Institute's Weight management Initiative has recommended food journaling as a strategy for losing weight since 2002. Also, a Kaiser Permanente researcher found that losing as little as five pounds...



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