

The book was found

# My Diet Journal: Be Active Be Healthy, Diet Journal & Diary, 6 X 9, 12 Weeks Of Daily Entries



## Synopsis

Diet Journal Suitable For Any DietMy Diet Journal is a detailed food diary that provides you with plenty of room to record the essential information you need to know for weight loss and staying healthy. You can track your three main meals plus two snacks with each one having room to record food counts (calories, carbs, protein and fats). Each day has two pages with lots of space and an area to record exercise details and notes about your day. Your notes can provide you deep insight as to why you are eating the way you are. You can record your feelings, stresses and reasons why you felt you ate the way you did that day. This food diary can be used with virtually any diet program available today. All the sections have ample room and blank lines so you can customize it how you see fit. Track points, cycles, macronutrients and even water intake. Why 12 weeks? 12 weeks is worth of daily entries? It gives you enough time to identify your eating habits, the types of foods you are eating and how you emotionally feel. With a daily food journal, you can also discover the foods that you may be allergic to or have an intolerance for. If you are tracking how you feel physically, you will make note of the days you feel bloated, sluggish, etc. and can quickly see what foods you ate. Is it dairy, gluten or the box of cookies you ate that caused you intestinal grief? Immediately you will see the patterns causing you to gain weight. You are creating the last diet book you will ever need to buy and it will be customized just for you. Who knows, you could discover the next diet plan that makes you millions. Some of the best weight loss programs available all started from someone's personal experience. Keeping a food diary is fun and simple, so why not give it a try? It is a lot cheaper than the latest weight loss supplements. Just write down everything that you eat, drink and do for exercise for 12 weeks and regain control over your weight loss! Scroll up and add this to your cart today!

## Book Information

Diary: 178 pages

Publisher: CreateSpace Independent Publishing Platform; 1st edition (July 7, 2015)

Language: English

ISBN-10: 1514854082

ISBN-13: 978-1514854082

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.5 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #868,554 in Books (See Top 100 in Books) #138 in Books > Health,

## Customer Reviews

Blank Book Billionaire is the creative force behind many different types of blank books or utility books as some people call them. They focus on creating books that help people express themselves or simply keep track of things. The sky is the limit for what you can create with these blank books. Not all the books are blank, of course. There are lined journals, gratitude journals, travel journals, pregnancy journals and many others. Some have prompts while others have sections that are designated for specific information. Our mission is to provide you with every type of blank book you might need. If they don't have it now, they will soon. Journaling is their passion and hope to inspire people to make it a part of their daily life. Essentially journaling to them is the act of writing down everything a person wants to remember or reference back to. Whether that is emotions, life events, recipes, pregnancies or your to do list, writing it down is the most powerful way of ensuring it never gets forgotten. What you can do with a blank book is only limited by the amount of imagination you put into it. Make it a diary, a meal planner, a diet journal or just doodle in it. The point is to get one or seven and use them. Make life easier by unleashing the hidden power of a blank book.

[Download to continue reading...](#)

My Diet Journal: Be Active Be Healthy, Diet Journal & Diary, 6 x 9, 12 Weeks of Daily Entries Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) Classic Journal (Diary, Notebook): Classic Journal / Writing Notebook / Blank Diary - 210 Pages, 7" x 10", Hardcover Journal-diary gift. Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo

Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) 90 Days Diet Planner Journal: Healthy & Food Daily Record For Wellness Food Exercise Log Fitness Workout Yoga Diary Blank Notebook Photo Album (Weight Loss Allergies) (Volume 7) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) General Journal: Accounting General Journal Entries Notebook With Columns For Date, Description, Reference, Credit, And Debit. Paper Book Pad with 100 Record Pages 8.5 In By 11 In Accounts Journal: Financial Accounting Journal Entries : General . Notebook With Columns For Date, Description, Reference, Credit, And Debit. Paper Book Pad with 100 Record Pages 8.5 In By 11 In Paleo Diet: 4 Weeks To Rapid Weight Loss, Strongest Energy And Upgrade Your Life: Lose Up To 30 Pounds In 4 Weeks(Including The Very BEST Fat Loss Recipes - FAT BOOTCAMP)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)