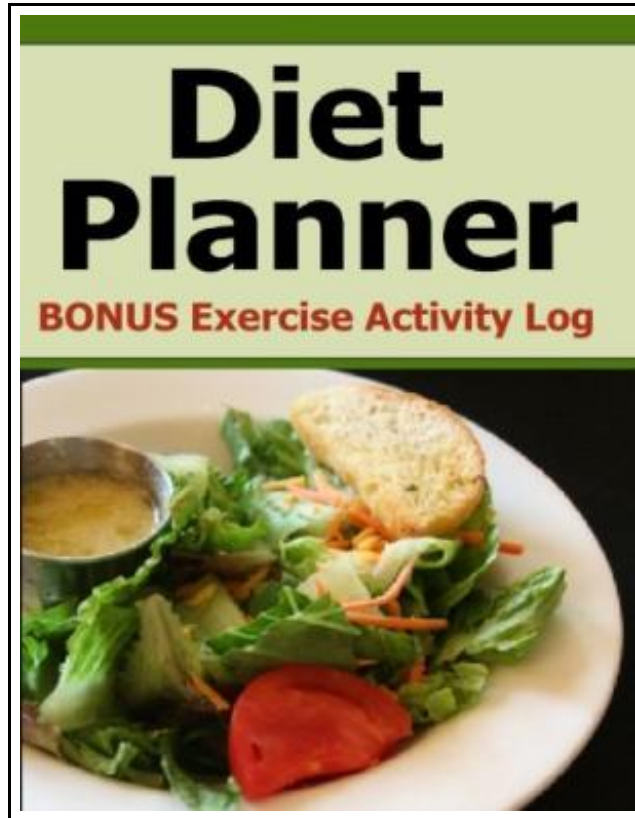


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Reviews

Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.
(Kristian Nader)

DIET PLANNER: BONUS EXERCISE ACTIVITY LOG (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Diet Planner is helpful for anyone who wants to track their food intake for weight loss or health. A change in diet has little chance of being successful unless a method is used to account for calorie intake. Tracking calories gives a true picture of whether or not goals are being met or if the person is on the right track. In this book, each Fill in the Blank worksheet has a place to track: -Progress Report of Starting and Desired Goal plus Final Results -Daily log to list foods for Breakfast, Lunch, Dinner and Snacks -List Amount of food eaten -List Number of Calories -List Time, Location, How Hungry (are you) and Meal Totals -All Daily totals -All Fluid Intake -BONUS: Exercise Activity Log -Detailed weekly total and final totals for 12 full weeks -Daily Weight Log to Track weight loss Let the Diet Planner assist in your life changing goal to live a healthier and happier life.



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