



Healthy Diet Journal: Change Your Life: Jumbo Size (Designed for People Who Want More Room to Write!)

By Healthy Diet Journal

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.JUMBO SIZE 8 x 11 Healthy Diet Journal-printed on cream colored paper. Designed for people who want more room to write. *Track calories, fat, carbs and more! Track your water intake as well as your fruit and vegetable consumption, exercise and set daily goals for yourself. **The interior contents of the journal feature a fill-in-the-blank design to guide you along your journal. Fill in your weight, goals, feelings and other pertinent information as you take steps to transform your life. ****BONUS: 20+ bonus pages of graphing paper is found at the end of this journal for graphs, lists, art or anything you would like to add to this journal. Tape a few before and after pictures to this section, make additional notes or create a miniature dream board with pictures from magazines, quotes that inspire you and more! 205 Total pages (Triple the page count of most food and exercise journals).

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Reviews

A new electronic book with a new point of view. it was writtern extremely completely and beneficial. Its been written in an extremely straightforward way in fact it is simply following i finished reading this publication through which really altered me, alter the way i really believe.

-- **Dr. Florian Runte**

This book can be worthy of a read, and much better than other. It usually fails to charge a lot of. I realized this publication from my dad and i encouraged this pdf to understand.

-- **Prof. Flo Cruickshank DDS**