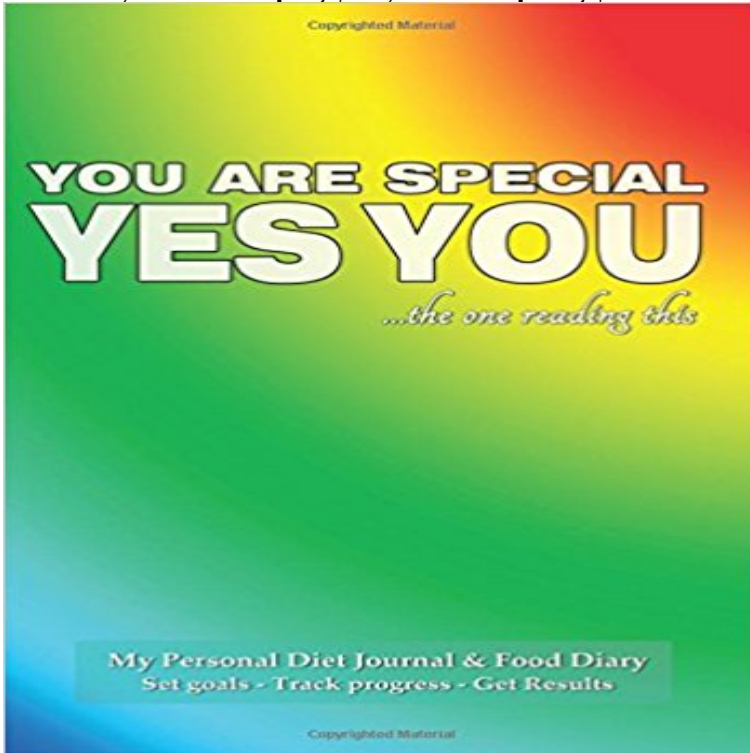


My Personal Diet Journal & Food Diary Set Goals - Track Progress - Get Results: Effective weight-loss or diet journal and food diary, rainbow cover, ... 220 pages, track progress daily for 3 months

## My Personal Diet Journal & Food Diary Set Goals - Track Progress - Get Results: Effective weight-loss or diet journal and food diary, rainbow cover, ... 220 pages, track progress daily for 3 months



Do you want to make sure you achieve your weight-loss or dieting goals? You can use this 7x10 journal for almost any diet or weight-loss system (for example: Doctors Diet, Paleo Diet, Hungry Girl Diet, South Beach Diet, Dukan Diet, Atkins Diet, Super Shred Diet, etc.) This food and exercise journal allows you to log everything you eat and drink, mark down the exercise you do, count calories, carbs, etc. and track your progress daily and weekly. There is also a weekly diary page to jot down your thoughts and feelings.

The 220 pages contain a full 2-page spread per day followed by a weekly summary. There is enough room for 13 weeks, or just over 3 months of daily tracking. Studies have shown that conscientious tracking of your daily intake has a positive effect on results achieved. This 220 page personal diet journal will help you set your weight-loss goals, track your progress daily/weekly and ultimately achieve the results you crave. Part of the Notebook not Ebook series with cover design by annumar - You are Special. Our notebooks all have a distinctive and often inspirational colorful cover. The notebook is perfect bound so that pages will not fall out and has a soft yet sturdy cover. Also available in a spacious 8.5x11 version. To see our full range of notebooks and journals visit us at [Spicyjournals.com](http://Spicyjournals.com) or click on the Amazon author link for Spicy Journals above. For notebooks and personal diet journals with similar colorful covers in a smaller handy-sized format (6x9 etc.) visit our sister company [niftynotebook.com](http://niftynotebook.com) or search for Nifty Notebook in the search box above.

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