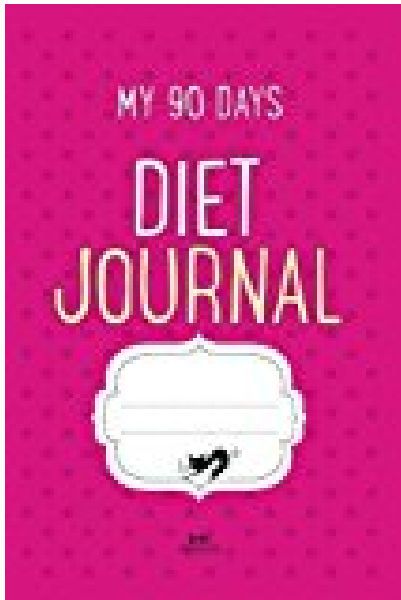


My 90 Days DIET JOURNAL Weight Loss Diary



BOOK DETAILS

- Author : Cute Food Diary Ideas
- Pages : 100 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1541338774



BOOK SYNOPSIS

My 90 Days DIET JOURNAL is your companion during your diet. This sweet weight-loss book, which is meant to be filled out, is your motivating planner for a successful change in diet and a daily companion on the journey to your dream figure! - For daily filling out and documentation of nutrition.- Perfect for planning and preparing your own weekly plans and recording desired progress.- One major benefit of these diet books are the divider pages for recording the measurements of chest, waist, belly, butt, etc.- Emotional state and level of satisfaction can also be crossed off on all daily pages for additional motivation.- The 90 pages in this food diary can thus be used to create an overview of daily intake of nutrients, as well as daily activity and constitution. For a total of 90 days. You can start your nutrition journal at any time. The 100 pages of this journal are cream-colored and tightly bound with a shiny paperback cover (flexible, thin binding, no firm cover) - perfect for customers who prefer slim, light notebooks. Comfortable division of sections and line spacing. The book is 6x9 inch tall, and 0.25 inch thin.

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