



## Food Exercise Journal 90 Days: Daily Weight Loss Journal (Paperback)

By Cute Food Diary Ideas

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. FOOD EXERCISE Journal 90 Days is your companion during your diet. This cute weight-loss diary is your motivating planner for a successful change in diet and a daily journal on the journey to your dream body. - For daily filling out and documentation of nutrition and exercise. Use the LOOK INSIDE feature of Amazon or look at the back of the book to see inside pages. - FOOD: Create an overview of daily intake of breakfast, lunch, dinner, snacks, total calories, protein intake, and water consumption. - FITNESS: Achieve your fitness and workout goals by tracking exercise by sets, reps, distance, and time. Keep note of your other activities, too (like mind and soul). Fill in your mood and sleeping time. - BODY: Record the measurements of your chest, waist, belly, hips, thighs, and Body Mass Index (BMI). These measurements can be taken on days 1, 30, 60, and 90, while your weight can be noted daily. Taking measurements helps you see your real weight loss (sometimes that ol scale is full of lies!). For a total of 90 days. You can...



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