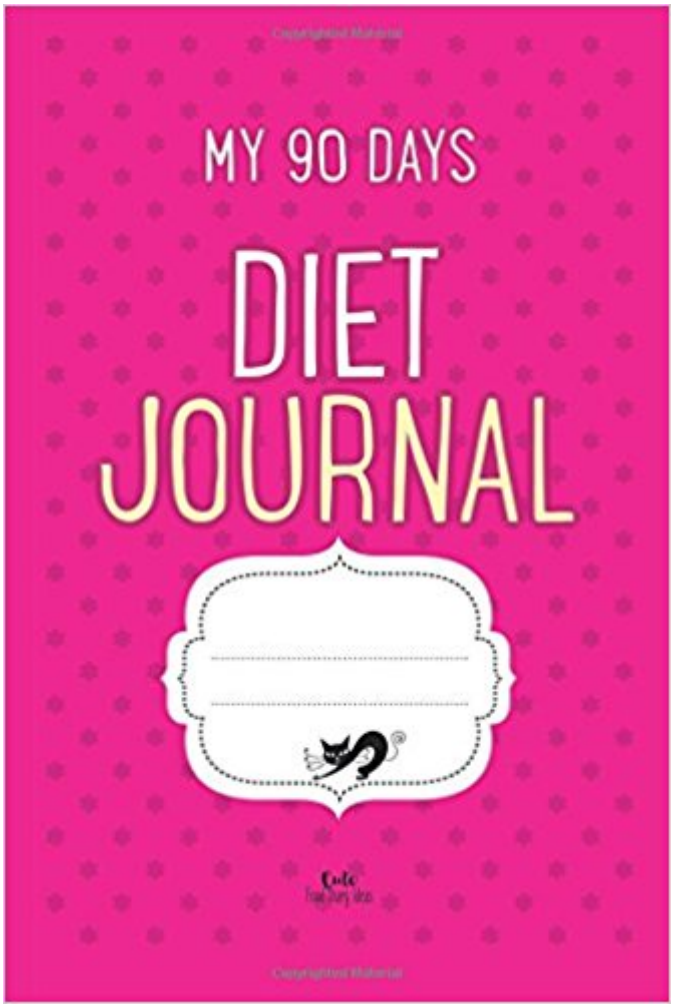
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My 90 Days DIET JOURNAL: Weight Loss Diary



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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.

Book Information

Paperback: 100 pages
Publisher: CreateSpace Independent Publishing Platform; Jou edition (January 1, 2017)
Language: English
ISBN-10: 1541338774
ISBN-13: 978-1541338777
Product Dimensions: 6 x 0.2 x 9 inches
Shipping Weight: 6.4 ounces (View shipping rates and policies)
Average Customer Review: 4.4 out of 5 stars 10 customer reviews
Best Sellers Rank: #78,827 in Books (See Top 100 in Books) #75 inÃ Â Books > Self-Help > Journal Writing

Customer Reviews

Love it

I would have given this 5 stars if there was a space to count/keep track of your water intake. This could have been easily done instead of having multiple parts for feelings.

nothing special about it

PERFECT LITTLE BOOK LOVE IT

I LOVE IT, it has exactly what I need, very detailed, enough space to write my meals and workouts, I will buy more because I want to keep track of everything until I lose all the weight I have to lose. I will upload some photos later.Size: 9 inch x 6 inchVery light like a Paperback book.90 days log close to 100 pages.

Its good for the price, it could definately be better...i wish there was more writing space, but its not a very big book so i understand that theres not alot of space to work with. I felt they couldve solved this by alotting 2 pages per day instead of just one, but instead all of your food and exercise is limited to just one page. This works well as a travel log though because it fits easily in my purse, but personally ill be keeping a more detailed log at my house. For those that dont plan on writing alot, this will probably be perfect.Other than that, the design is cute and very girly, which i LOVE! I think its a good buy for only around $5.

I have just received my diary today. I have weighed myself, took all of my measurements, and am excited to use this as a new weight loss tool!! The journal is a good size and would definitely fit inside a purse or backpack so you can track as you go.

For someone who’s just wanting to keep a food journal and not keep calories. Definitely will purchase again when my 90 days is done.

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Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1)

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