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Brand New 2008 Weight Watchers 3 (Three) Month Food Journal (Spiral Bound) Book



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Synopsis

Use this new JOURNAL to record and keep track of your Daily Flex Points or Core Plan Foods. Record how you use your Flex Points or Core Foods and see what is really working for you. This JOURNAL contains: Instructions for Use of the Journal, Weight Loss Chart, Weight Loss Graphs, Body Measurement Chart, Clothing Size Measurement Chart and 3 Months of Journaling pages. At the bottom of each page is an inspirational message. All this in a strong spiral bound format made of high quality paper. Very beautifully redesigned journal that will be sure to please, and will provide you with critical information to get you on your way to weight loss success. There is room to journal your food intake and your feeling during this time. Now you can take control and see when your calories, or points are increasing. This Journal is a convenienct way to make losing weight easier. With this Journal you can see what is working for you from week to week and what may not be and make the necessary changes. At a glance you will be able to see how you are doing on either WW Plan, seeing how you are doing is a great motivator!!!!!! ***In the event that I am out of the smaller 2008 version I will send out the larger 3 month Weight Watchers journal (see second picture) in its place at no added expense***

Book Information

Spiral-bound

Publisher: n/a (2008)

ASIN: B0012U7ICK

Package Dimensions: 10.5 x 8 x 0.5 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 3.8 out of 5 stars 6 customer reviews

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Customer Reviews

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your food intake and your feeling during this time. Now you can take control and see when your calories, or points are increasing. This Journal is a convenienct way to make losing weight easier. With this Journal you can see what is working for you from week to week and what may not be and make the necessary changes. At a glance you will be able to see how you are doing on either WW Plan, seeing how you are doing is a great motivator!!!!!! ***In the event that I am out of the smaller 2008 version I will send out the larger 3 month Weight Watchers journal (see second picture) in its place at no added expense***

This three month tracker makes watching what I eat so much easier. Both my husband and I use it and makes shedding weight easier.

The journal isn't what I expected. It's way smaller than the last one I had which could have been a good thing but there isn't a lot of room to write things down. I found that sometimes I was using two lines to write down one thing and then by dinner I didn't have any more room left to write my foods down. Other than that, it's the same as the other books. Just smaller.

Regardless of the diet plan followed..but specifically designed to be used with the WW points system. great way to obtain this journal outside the WW meeting.

I love this journal. I've been following flex points for over a year now and this journal makes it so much easier. You track your food and points daily, and there's a check off at the beginning of the week for every day. Then on the daily pages you can check off your water, fruits & veggies, dairy and oils. It's helpful.Yes, it may be more expensive than at the meetings, but if you are doing this on your own, it's worth it.

I just bought this book last week. While it arrived on time, just be clear that you are paying nearly $16 for one book. Those of you who attend meetings know that this same book is sold for $5.99 there. If you have access to a meeting, I would strongly urge you to buy it there. It's the same concept. Nothing really different with the new version.

thanks so much for shipping so fast i love these books help with my diabeties as well

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