



Food Journal: Complete Diet, Health, and Weight Loss Tracker - Balance (Paperback)

By Recordkeeper Press

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Food Journal: Complete Diet, Health, and Weight Loss Tracker - Balance A sleek and stylish journal with space for over 3 months of diet tracking. This pocket-sized organizer allows you to you easily keep track of your food and calorie intake, making weight loss simple, easy, and hassle-free. Each entry includes space for: - Breakfast, Lunch, Dinner, and Snacks - Sleep - Water Intake - Supplements - Exercise and Physical Activity - Notes This high-quality softcover journal is perfect-bound and wrapped in a beautiful glossy cover, so it can take whatever punishment you throw at it! Perfect for tossing in a bag, taking to the gym, or traveling with you on the go. A great gift for health-conscious friends and family, and a perfect tool to help you lose weight, feel better, and support a healthy lifestyle. Get yours today!.



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