



## My Personal Diet Journal (Paperback)

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By Jean Legrand

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It has been proven that you will have more success with your diet if you track your meals and snacks. But you don t always want to broadcast to the world that you are dieting, so this Discreet Food Log for Diet Success has a plain cover and a convenient pocket/purse size (5 x 8 ). This cover will not advertise that you are dieting so you can keep your business to yourself. There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off. In a six month study published in the American Journal of Preventive Medicine, people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less. My Personal Diet Journal has been designed for flexibility; you don t have to fill out every single area marked if you don t want to . just try to be consistent so when you review your entries over...



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