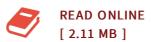




My Food Diary

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. My Food Diary is helpful for anyone who wants to track their food intake for weight loss or health. A change in diet has little chance of being successful unless a method is used to account for calorie intake. Tracking calories gives a true picture of whether or not goals are being met or if the person is on the right track. In this book, each Fill in the Blank worksheet has a place to track: -Progress Report of Starting and Desired Goal plus Final Results -Daily log to list foods for Breakfast, Lunch, Dinner and Snacks -List Amount of food eaten -List Number of Calories -List Time, Location, How Hungry (are you) and Meal Totals -All Daily totals -All Fluid Intake -BONUS: Exercise Activity Log -Detailed weekly total and final totals for 12 full weeks -Daily Weight Log to Track weight loss Let My Food Diary assist in your life changing goal to live a healthier and happier life.



Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be writter in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.