



## Diet Journal Notebook (Paperback)

By Jean Legrand

Createspace, United States, 2015. Paperback. Book Condition: New. 230 x 153 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. With this Discreet Personal Diet Journal, you won't broadcast to the world that you are dieting. This diet journal notebook has a plain cover so you can keep your business to yourself. And the convenient 5 x 8 size makes it easy to keep out of site in a purse or pocket. 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. The Diet Journal Notebook 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 a week (or month or longer), you have information that can help you understand your eating behavior and how you...

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