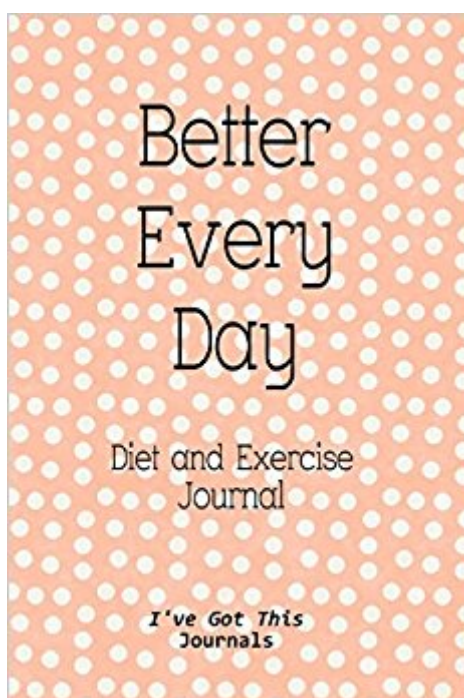


The book was found

Diet And Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7)



Synopsis

Diet and Exercise Journal, Volume 7, "Better Every Day" by I've Got This Journals

Reviews of our earlier cover design editions; all have the same great content, only different covers: "Great journal for keeping track of workouts and food intake"; -review "Love this book!" -review "This gives me an idea on how to keep track on what I eat and what works for me. I always go back to the date where it works best and to keep on track"

January 2017: Now the I've Got This "Diet and Exercise Journals" are available in even MORE cover selections, 10 cover designs in total! "Cheerful Leaves and Flowers", and "Red Blossoms". Click on the I've Got This Journals author page to view all of our new additions; be sure to buy I've Got This Journals for the same great content pages inside! All of our journals are identical inside, with space for 90 days of entries. New! For a great companion to your diet and exercise journal, grab a copy of the Diet and Exercise Word Puzzles! Forty word puzzles, ten types in all - focus on your healthy lifestyle while solving health-oriented puzzles. Available now on : <https://www..com/dp/1543130631/>

Research shows that keeping a food diary aids and supports weight loss for just one example, Kaiser Permanente Care Management Institute's Weight management Initiative has recommended food journaling as a strategy for losing weight since 2002. Also, a Kaiser Permanente researcher found that losing as little as five pounds can reduce the risk of developing high blood pressure by 20 percent. I've Got This Journals are designed for everyone who wants to increase their success rate in losing weight by keeping a food journal. I've Got This Journals, paperback with matte finish, give you a place to formalize and record your plan - and much more:

- Set Up Your Plan, & Review after 90 days: Pages to record your current info and your plan/goals, and pages at end to record weight/info at goal date.
- Food diary: track your intake for 3 meals plus 3 snacks.
- 8 per day: Keep track of the glasses of water you drink per day (8 water glasses to cross off as you drink)
- Vitamin(s): Record when you've taken them if applicable
- Weigh in: Record your weight, whether you wish to do so daily or weekly
- Exercise: Record your exercise for the day including the # of steps for the day from your pedometer
- Motivation: Record words or thought for the day; as well as a place to note what went well with your diet goals today and if anything to improve upon, such as certain situations that either help or hinder your diet and exercise goals.
- Reflection: What went well today with your diet and exercise? Good triggers? Things you noticed that helped you stick to your plan? How will you keep this in your plan? What didn't go as well today? Bad triggers? Things that didn't help you stick with your plan? How will you avoid this next

time? Be sure to check out the new Diet and Exercise Motivations Coloring Book! With 30 motivational words coloring design pages, it's a great companion to your Diet and Exercise Journal. You can find it on I've Got This Journals' Author Page here on .

Book Information

Series: I've Got This Journals

Diary: 114 pages

Publisher: CreateSpace Independent Publishing Platform; 1st edition (January 12, 2016)

Language: English

ISBN-10: 1523364270

ISBN-13: 978-1523364275

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 6 customer reviews

Best Sellers Rank: #65,198 in Books (See Top 100 in Books) #49 in Books > Health, Fitness & Dieting > Men's Health #181 in Books > Health, Fitness & Dieting > Women's Health > General #459 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

It's so light weight and conspicuous in terms of a fitness journal. I love how many different things you can list. Keeps me on track WAY more than using an App on my phone.

After much searching this journal is exactly what I wanted. It starts with a goals page, then each week has a week in review page. Each charting page has weight, breakfast, snack, lunch, snack, dinner and snack section. Also 8 cups of water to check off. Has a little section for exercise, type, circuits and #of reps. Good buy for the price

Purchased this for food log prior to surgery. It has enough room to write out other daily activities. Examples how many glasses of water drank, activities of exercise, space for me to keep up with glucose / blood sugar readings, ped steps. Really awesome. Love it.

Easy to use and small enough to place in a purse.

I just started eating healthy and writing in this cute little book keeps me accountable. I love it!

I was hoping for more room to journal my private thoughts. This is good to keep track of what your eating.

[Download to continue reading...](#)

Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low

carbohydrate diet, ketogenic Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)