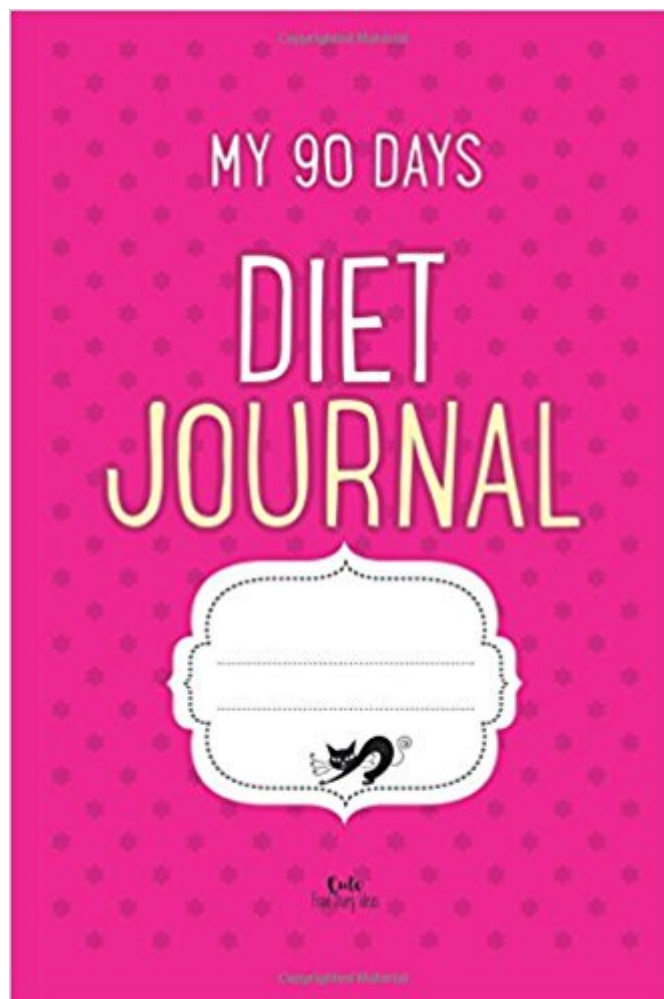


The book was found

My 90 Days DIET JOURNAL: Weight Loss Diary



Synopsis

My 90 Days DIET JOURNAL is your companion during your diet. This sweet weight-loss book, which is meant to be filled out, is your motivating planner for a successful change in diet and a daily companion on the journey to your dream figure! - For daily filling out and documentation of nutrition. - Perfect for planning and preparing your own weekly plans and recording desired progress. - One major benefit of these diet books are the divider pages for recording the measurements of chest, waist, belly, butt, etc. - Emotional state and level of satisfaction can also be crossed off on all daily pages for additional motivation. - The 90 pages in this food diary can thus be used to create an overview of daily intake of nutrients, as well as daily activity and constitution. For a total of 90 days. You can start your nutrition journal at any time. The 100 pages of this journal are cream-colored and tightly bound with a shiny paperback cover (flexible, thin binding, no firm cover) - perfect for customers who prefer slim, light notebooks. Comfortable division of sections and line spacing. The book is 6x9 inch tall, and 0.25 inch thin.

Book Information

Paperback: 100 pages

Publisher: CreateSpace Independent Publishing Platform; Jou edition (January 1, 2017)

Language: English

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ISBN-13: 978-1541338777

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 10 customer reviews

Best Sellers Rank: #78,827 in Books (See Top 100 in Books) #75 in Books > Self-Help > Journal Writing

Customer Reviews

Love it

I would have given this 5 stars if there was a space to count/keep track of your water intake. This could have been easily done instead of having multiple parts for feelings.

nothing special about it

PERFECT LITTLE BOOK LOVE IT

I LOVE IT, it has exactly what I need, very detailed, enough space to write my meals and workouts, I will buy more because I want to keep track of everything until I lose all the weight I have to lose. I will upload some photos later. Size: 9 inch x 6 inch Very light like a Paperback book. 90 days log close to 100 pages.

Its good for the price, it could definately be better...i wish there was more writing space, but its not a very big book so i understand that theres not alot of space to work with. I felt they couldve solved this by allotting 2 pages per day instead of just one, but instead all of your food and exercise is limited to just one page. This works well as a travel log though because it fits easily in my purse, but personally ill be keeping a more detailed log at my house. For those that dont plan on writing alot, this will probably be perfect. Other than that, the design is cute and very girly, which i LOVE! I think its a good buy for only around \$5.

I have just received my diary today. I have weighed myself, took all of my measurements, and am excited to use this as a new weight loss tool!! The journal is a good size and would definitely fit inside a purse or backpack so you can track as you go.

For someone who's just wanting to keep a food journal and not keep calories. Definitely will purchase again when my 90 days is done.

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