



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

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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 2016: Now the I've Got This "Diet and Exercise Journals" are available in even MORE cover selections! "Hello Beautiful", "Better Every Day", and "Rugged".

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.

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 Amazon.

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From reader reviews:

Ann Wren:

The book Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7) can give more knowledge and also the precise product information about everything you want. Why must we leave the good thing like a book Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7)? Wide variety you have a different opinion about publication. But one aim that book can give many details for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or facts that you take for that, you are able to give for each other; you are able to share all of these. Book Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7) has simple shape however, you know: it has great and big function for you. You can appear the enormous world by wide open and read a e-book. So it is very wonderful.

Cary Barrett:

Spent a free time to be fun activity to do! A lot of people spent their free time with their family, or their very own friends. Usually they doing activity like watching television, planning to beach, or picnic in the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try look for book, may be the e-book untitled Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7) can be good book to read. May be it may be best activity to you.

Ernest Keeler:

Reading can called thoughts hangout, why? Because if you find yourself reading a book specially book entitled Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7) your mind will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely will end up your mind friends. Imaging every word written in a reserve then become one web form conclusion and explanation that will maybe you never get previous to. The Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7) giving you a different experience more than blown away your mind but also giving you useful details for your better life on this era. So now let us teach you the relaxing pattern here is your body and mind are going to be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

Julie Tice:

Reading a book for being new life style in this yr; every people loves to learn a book. When you examine a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, due to the fact book has a lot of information upon it. The information that you will get depend on what types of book that you have read. If you wish to get information about your review, you can read education books,

but if you want to entertain yourself read a fiction books, these kinds of us novel, comics, and also soon. The Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7) provide you with a new experience in examining a book.

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