



## Food and Exercise Journal: Plan, Track, and Reach Your Health Goals

By Jean LeGrand

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If this is your first attempt at getting fit or if you ve had trouble getting or keeping weight off in the past, the Food and Exercise Journal will help you achieve the results you want and deserve. Keeping a food log has been proven to be one of the most effective tools for people to make lifestyle choices in regard to the healthy consumption of food. 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. Conveniently pocket sized (6 x 9 ), the Food and Exercise Journal 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...



**READ ONLINE**

[ 6.23 MB ]

### Reviews

*Completely one of the best publication I have actually read. Indeed, it is perform, nonetheless an interesting and amazing literature. Your lifestyle span will likely be transform when you complete reading this book.*

-- **Mrs. Agustina Kemmer V**

*Simply no words and phrases to spell out. it was writtern extremely perfectly and useful. I am easily could possibly get a satisfaction of looking at a composed publication.*

-- **Prof. Maudie Ziemann**