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Diet & Fitness Journal: Your Personal Guide to Optimum Health (Diary, Exercise) (Little Black Journals)

Claudine Gandolfi

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REVISED AND UPDATED WITH THE USDA'S LATEST GUIDELINES! Studies show those who keep a diary and record their diet and exercise progress lose twice as much weight as those who don't. This journal will help you retrain your brain and body to achieve those goals as you improve your physical well being and state of mind.

- Adaptable content for different programs, such as Weight Watchers
- Daily page spreads to record food consumption, exercise regimen, vitamin and supplement intake, and mood
- Weekly sections to help you track your progress and refine your goals, with motivational tips
- Personal training pointers and charts for creating nutritional, metabolic, and fitness targets
- A nutrition index with detailed data on hundreds of common foods
- A removable cover band, for those wishing a discreet logbook that can be used comfortably at home, the gym, or the office
- Wire-o binding that allows journal to lie flat for ease of use
- Handy elastic band place holder
- Binding lies flat for ease of use.
- Portable size: 4-1/2" wide x 7-1/2" high

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