



I love my
Food &
Exercise
Journal

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Food Journals

I Love my Food and Exercise Journal



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), in addition to room that you should add up all your daily calorie consumption. This awesome Food and Exercise Journal has two pages per day with plenty of room for you to record everything you drink and eat at Breakfast, Lunch and Dinner (along with all of those cheeky snacks in between! CLEAR, EASY TO USE, Food and Exercise Journal - over 20,000 copies sold! Just write down everything that you eat and drink for 10 weeks and regain control over your bodyweight and wellness! Keeping a Food and Exercise Journal is usually fun and simple, why not really give it a go?



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Great size and just what I needed! I wish this experienced a spiral binding. Does not have pre imprinted dates so you can start at any stage in the year. I also like that it offers space to record the reason why for snacking--sometimes we're hungry, sometimes we're frustrated, etc. Took an image of the cover because some individuals had been curious what it looks like, all in all I'm happy with it! I have acquired 2 before this which were much smaller sized and I hated them. Exercise Journal LOVE this food & exercise journal. Great Food & veggie servings, etc. I just weigh myself on Sunday's but if you are one who likes to weigh in everyday there exists a place to record that. Between stopping diet soda and by using this device to monitor just how much drinking water I drink, how much fruits and veggies i'm eating, and being conscious of calories and food portion sizes, I dropped 14 pounds in per month . 5! Good tool, if you are using it well. My just complaint is that it is not really spiral bound but that's only a personal preference issue. With this one there is a ton of space to create everything down, track feelings, drinking water consumption, fruits & it still opens & closes just fine. lol THE TITLE SAYS IT ALL! I would have trained with 5 superstars except it really is so big I cannot bring it in my purse and I carry a decent sized purse. I've spent the this past year and a half using calorie tracking apps like MyFitnessPal, which are extremely useful and cellular, but I discover that I need to see a visual of what I'm monitoring on paper (the same way I also like seeing a printed calendar pitched against a to-perform list on my telephone). I found that I was using MFP to toy around and manipulate my meals choices throughout the day, rather than internalizing what meals felt healthful. I also discovered that the apps managed to get difficult to access a weekly report. I decided to obtain a journal instead. I searched around a variety of different formats, but this one appeared to cover everything: Calorie consumption, food types and quantities, exercises, methods to monitor and monitor feelings in what you ate and how starving you experienced, and a weekly progress report that allows you to weigh-in, and put into words the method that you think you did that week and how you would like to improve. THAT IS A BULLETPROOF TRACKING TOOL FOR FOOD AND FITNESS! I think the most important aspect of developing better nourishment and exercise practices is by checking in using what works best for all of us. I hate that the times of the week are imprinted within and that it starts on Monday. It's very easy to try and quantify our experiences (pounds lost, calorie consumption consumed, calories burned, guidelines taken, etc.) but occasionally these numbers, when compared to others, let you know more about how you review in a people versus what actually works best for you. This journal is an excellent tool for examining in on everything you do, what you need, and what really works best for you. I don't care for the cover artwork at all. One Critique: This journal works well for only 10 weeks. I want it would have enough entries to last a whole 12 months, or at least three months (which may be a standard span of time for a weight training exercise program). More pages, please! Great set up I REALLY like the setup of the journal. I'm not really kidding, I must say i do love my meals and workout journal! I want they produced a mini version of the. At least 1 1/2" smaller, maybe 2" all the way around. It will be more convenient. Five Stars Almost perfect. What it has helped me perform is figure out what a proper serving of some of these less healthy products is, and also understand how it impacts my total calorie consumption for the day. It gives you are starting point for weight & I MUST SAY I love the format of the journal. It's exactly what I wanted, and tracks everything I'd like - like the how I sensed about my foods (the smiley faces). It even has weekly improvement report pages. Just Fine. I'm still going to maintain it and utilize it, but I am hoping that they update the reserve before I need to order another one (wishful thinking!). CONS 1. Great reserve, great size, just what I needed. I understand these are harder to put up the shelf at a store and are more expensive and all that, but for a journal such as this, it would make it so much easier to use. I'd totally pay the excess. 2. You are your own greatest indicator of how you're doing, not really a logarithm! It can help you stay on track and be practical with your health. So easy to understand and you could track almost about everything. PROSE Everything else! This is a fantastic tool for healthy eating and healthy living This is an excellent tool for healthy eating and healthy living! I

didn't even begin exercising on a regular basis yet! I'll spiral bind mine therefore i have a little more flexibility.--which really helps me think more on the subject of why I'm eating and if I'm making appropriate choices.I am using this to keep up awareness of how I'm feeding on and exercising, but the important component is normally that I'm not deploying it to limit or restrict what I'm taking in. If you are prone to that, you might want to talk to a wellness professional in regards to a good program for you.. I also RECOMMEND QUITTING Diet plan SODA if you beverage it. That gets your taste buds and hunger signals all out of wack. measurements and each end of the week there exists a "week summary" where one can think about your week which I REALLY love! I especially like that it provides checkboxes for keeping track of how much drinking water I drink and just how many servings of fruit and veggies I'm eating each day! I intend to buy again for another 10 weeks. I love the idea of the book I love the idea of the book, however it had not been made well the pages aren't bound evenly plus some of the words are cut off on some webpages. If I miss a day Personally i think like I don't even want to utilize it till the next time the day rolls around again! Detailed This is a very detailed food journal. In case you are trying start a health journey are simply become more aware of the foods you consume this is actually the journal for you. I like to have my meals journals out and handy - but that one just screams just what it is definitely, and I'd rather it was more subtle. Best 1 out of 3 I acquired 3 different journals exactly like this one and out from the 3, this one was my favorite and the best price! This journal offers you the ability to become more detailed and has a spot for calorie consumption which most amazingly don't have. Great We used it for approximately 5 weeks and shed interest. An easy planner. Something I have to deal with the reserve was great. A one year or half a year journal would be perfect. I also would like to request more webpages to be added.I wish ONLY these 2 things were changed - the rest is ideal and shouldn't change (in the event the writer reads this). This workbook in fact pairs great with the podcast PhitNPhat. This is actually the BEST fitness and food diary you will ever find on the market. Best meals and exercise journal, ever. I don't like to have to create food and workout routines down. Easy planner. Quick, basic no guesswork involved, Great design and idea Significantly great book to use Must buy! Love appreciate my journal. Regret the purchase! I hate that the times if the week are pre printed.I just gave it a 4 stars, however, due to the 2 negatives (which are pretty vital that you me). Which means checking in on what you feel!. Very happy with my purchase. hopefully they are able to fix this publishing issue or I got a lemon.



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