



The **RESTART** Journal

*A three-month daily journal to track your progress
and make connections between the food you eat, the
habits you keep, and the way you feel.*



Jeni Hall NTP

The RESTART® Journal: A three-month daily journal to track your progress and make connections between the food you eat, the habits you keep, and the way you feel.



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Use this three-month daily journal to track your progress and produce connections between your food you eat, the habits you retain, and the way you feel. Let this powerful device of self discovery assist you to connect to yourself. With two web pages each day, you have a lot of space for food and habit monitoring, plus reflections and discoveries you make on the way, all in one handy book to consider with you wherever you proceed.



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BUT would function much better as a spiral bound in order to lay smooth for journalling. Aligns good with the RESTART ® program It's great content.



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