



**Food Diary: Food Journal / Log / Diet Planner
with Calorie Counter (Softback * 100 Spacious
Daily Record Pages & More * Carnival)**

NOT A BOOK

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Large Softback 8" x 10" Food Diary / Journal [\$5.50 / 3.99]. (If Look inside isn't loading, click the blue smART bookx link above to look on our website.)

INTERIOR:

100 attractive daily records. There's a spacious table to log each item eaten along with its weight, protein, fat, carbohydrate & calories. (This table has white grid lines which Look Inside has not picked up!)

To help you with learning the right foods for you and what helps you eat them, space is also provided to note:

- Time and place eaten where & when do you eat the wrong foods?,
- Sleep, energy & stress ratings does mood affect your food?,
- Glasses of water many people snack when actually thirsty,
- Allergy symptoms find if a specific food is one of your triggers,
- Supplements or medicines medication can affect appetite,
- Fruit or veg portions are you filling up on the right stuff?, and
- Exercise directly beneath the food log so it's easy to do a quick daily calorie balance.

Customize it! We can't know exactly what's on your mind, so to really make it your own there's:

- A spare column to track anything you like e.g. sugar or caffeine,
- Plenty of journal space each day, and
- A Daily Personal Goal to set yourself.

At the back are charts for calculating calories burned at rest and during different activities, your **Personal Health Statistics Tracking** e.g. weight, waist & heart rate, and storing regular meals for quick reference.

[Thick white paper throughout minimizes ink bleed-through.]

EXTERIOR:

Cover: Tough matte paperback.

Binding: Secure professional trade paperback binding, i.e. it's built to last; pages won't fall out after a few months of use.

Dimensions: 20.3 x 25.4 cm (8" x 10"). (Almost the same width as A4 but a few cm shorter in height - so no more cramming!)

SIMILAR PRODUCTS: smART bookx publish several Food Diaries. Each has the same interior but there are cover designs to suit all tastes. To take a look search 'food' & 'bookx' on Amazon (don't forget the 'x'). This design is very popular! We have many other planners and journals that match this one. To view them search 'carnival' & 'bookx'.

Thanks for looking,

The smART bookx design team

Buy With Confidence Because Our Customers Love Our Stationery:

***** *Affordable, But Still Good Quality! ... Very satisfied ... an affordable option that is also very thorough. Many other planners just didn't have all of the sections I needed, or they did and cost too much ... the cover is super cute and kind of soft.* (Jun 1, 2016)

***** *Very Nice ... Beautiful. My daughter loved them!!!* (August 17, 2014)

***** *Love This! ... This planner is super cute, and I absolutely love the cover. Lots of room to include all kinds of information.* (June 13, 2016)

***** Great for taking theory notes or writing music! ... I'm a music major, and I needed staff paper ... This is a cute product and the staff paper is great. (Feb 1, 2016)

***** Amazing Recipe Book ... This is the third smART bookx recipe book I've purchased. I have it with the Carnival cover and purchased the Polka dots cover to copy recipes for my daughter... Love the index pages ... Easy to find the exact recipe you are looking for since the index shows all the recipe pages numbered. Highly reco"

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Date : Published September 9th 2016 by Createspace Independent Publishing Platform

ISBN : 9781537574103

Author : NOT A BOOK

Format : Paperback 110 pages

Genre :

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From Reader Review Food Diary: Food Journal / Log / Diet Planner with Calorie Counter (Softback * 100 Spacious Daily Record Pages & More * Carnival) for online ebook

Erica and Keith Southworth says

It's a good producting, using it with the Dash diet, to try and attain a heathier weight over the next two years.
