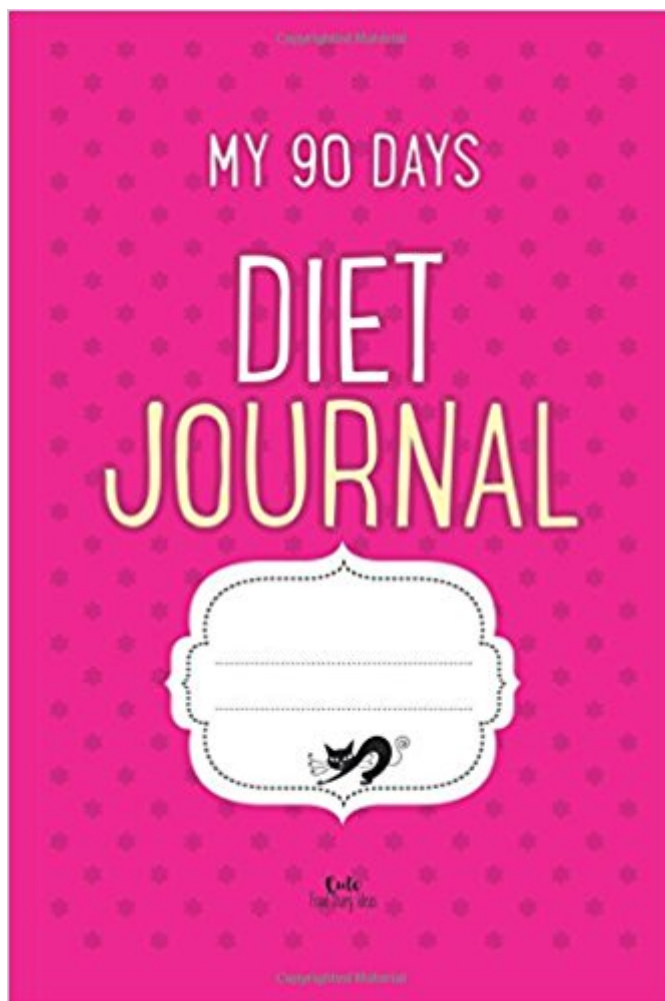


The book was found

My 90 Days DIET JOURNAL: Weight Loss Diary



Synopsis

My 90 Days DIET JOURNAL is your companion during your diet. This sweet weight-loss book, which is meant to be filled out, is your motivating planner for a successful change in diet and a daily companion on the journey to your dream figure! - For daily filling out and documentation of nutrition. - Perfect for planning and preparing your own weekly plans and recording desired progress. - One major benefit of these diet books are the divider pages for recording the measurements of chest, waist, belly, butt, etc. - Emotional state and level of satisfaction can also be crossed off on all daily pages for additional motivation. - The 90 pages in this food diary can thus be used to create an overview of daily intake of nutrients, as well as daily activity and constitution. For a total of 90 days. You can start your nutrition journal at any time. The 100 pages of this journal are cream-colored and tightly bound with a shiny paperback cover (flexible, thin binding, no firm cover) - perfect for customers who prefer slim, light notebooks. Comfortable division of sections and line spacing. The book is 6x9 inch tall, and 0.25 inch thin.

Book Information

Paperback: 100 pages

Publisher: CreateSpace Independent Publishing Platform; 1st edition (January 1, 2017)

Language: English

ISBN-10: 1541338774

ISBN-13: 978-1541338777

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 10 customer reviews

Best Sellers Rank: #78,827 in Books (See Top 100 in Books) #75 in Books > Self-Help > Journal Writing

Customer Reviews

Love it

I would have given this 5 stars if there was a space to count/keep track of your water intake. This could have been easily done instead of having multiple parts for feelings.

nothing special about it

PERFECT LITTLE BOOK LOVE IT

I LOVE IT, it has exactly what I need, very detailed, enough space to write my meals and workouts, I will buy more because I want to keep track of everything until I lose all the weight I have to lose. I will upload some photos later. Size: 9 inch x 6 inch Very light like a Paperback book. 90 days log close to 100 pages.

Its good for the price, it could definately be better...i wish there was more writing space, but its not a very big book so i understand that theres not alot of space to work with. I felt they couldve solved this by allotting 2 pages per day instead of just one, but instead all of your food and exercise is limited to just one page. This works well as a travel log though because it fits easily in my purse, but personally ill be keeping a more detailed log at my house. For those that dont plan on writing alot, this will probably be perfect. Other than that, the design is cute and very girly, which i LOVE! I think its a good buy for only around \$5.

I have just received my diary today. I have weighed myself, took all of my measurements, and am excited to use this as a new weight loss tool!! The journal is a good size and would definitely fit inside a purse or backpack so you can track as you go.

For someone who's just wanting to keep a food journal and not keep calories. Definitely will purchase again when my 90 days is done.

[Download to continue reading...](#)

Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat

Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans)
(Volume 73) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The
Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet
Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet
Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan,
Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day
Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet,
anti inflammatory diet) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to
Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits,
Belly Fat, Weight Loss Tips) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a
New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide,
Atkins Rapid Weight Loss DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four
Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan,
Dukan, Belly Fat) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious
Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose
Weight Fast, Flat Belly) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy
Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto,
Ketosis, Weight Loss, Ketogenic Diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The
Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes,
diabetes diet, paleo, paleo diet, low carb) Paleo Diet: Paleo Diet For Beginners, Lose Weight And
Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For
Beginners) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans
Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo,
Ketosis Foods) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110
Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners
Guide) DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days
with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss,
Weight Loss Diets) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to
Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet,
atkins diet Book 1)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help