



Food Journal 2017: Blank Daily Food Journal and Planner: Complete Daily Food and Exercise Journal 2017 (Paperback)

By The Big Journal Company

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Start 2017 the right way with this Food Journal. Studies have found that keeping track of your daily food intake can help you to achieve and even exceed your health and fitness goals. Consistently recording what you eat and drink in a day is a great way to keep you focused and motivated, whilst helping you reach and maintain your goals. This daily food journal allows you to note down your meals and exercise each day, reflecting on your daily water, fruit/veg and calorie intake. Whether you want to lose weight, increase fitness or build muscle, this food journal will be the key to success in your health and fitness journey.

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