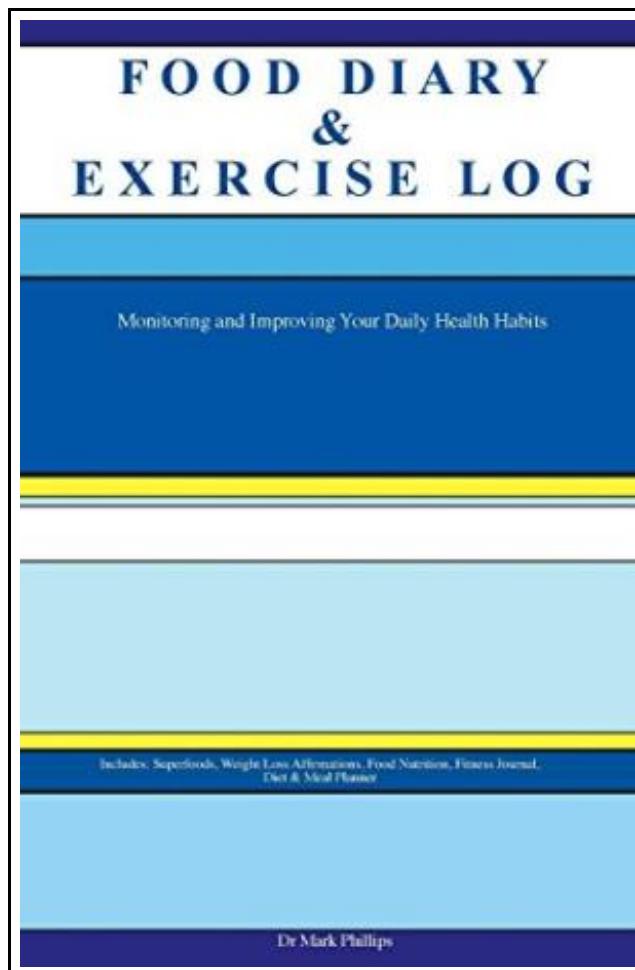


## Food Diary Exercise Log. Monitoring and Improving Your Daily Health Habits. Includes: Superfoods, Weight Loss Affirmations, Food Nutrition, Fitness



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*(Trevion O'Hara)*

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Ocean Blue Publishing, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you want to know how to lose weight and improve weight loss? Is it your goal to better your general health, wellbeing and fitness? Are you looking for a proven methodology that will instantly help you stick to your new healthy routine? Or, is it that you would just like to monitor and control an illness such as Diabetes or Blood Pressure? Whatever your goal is - This Food Diary and Exercise Log will help you get there. Through continued research and trials, we found that our patients instantly became conscious of their daily health habits and food intake after documenting exactly what they had consumed, and recording their levels of activity and general behaviour. This then instantly allowed them to become aware of any unwanted patterns of behaviour, and easily eradicate them with free will. It was also a great discovery for us to confirm the power of the human mind. We found that through regular motivation and the belief that success is inevitable - our patients were able to reach their goals with long lasting results. In relation to this discovery, to start off each day - we have incorporated a constant flow of positive affirmations and motivational quotes within this food diary. The constant exposure that you will have to these quotes will help in guiding you to achieve your goals through determination and self-belief. In this 4 month diet and exercise log, you will be able to record every health related habit in your daily routine. It can also be used as a calorie counter, diet and meal planner, a journal for any new healthy recipes, foods, snacks and meals that...

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