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## Weight Loss Diary with Food Exercise Journal: 16 Weeks to a Better Body (Paperback)

By Jory Ames

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Journaling works for weight loss. It helps motivate us and holds us accountable to what we are eating and how much we are exercising. Over the years of failed and successful diets, I have learned that keeping track of my food and water intake, my exercise, and my daily thoughts (including frustrations!) helps. So I designed this journal with all the elements that help keep me on track, and helped me to a 50-pound weight loss over 6 months. I hope it helps you as well! I have kept this to 16 weeks, or 4 months, because I have found that is a perfect amount of time to get into the habit of keeping a daily journal, adding daily exercise, and monitoring food intake. I also wanted to keep this book small enough to carry with you throughout the day, and to keep the price as low as possible. You can, of course, purchase additional copies on for future use or gifts, if needed. Congratulations for taking the first step! You are embarking on a wonderful, exciting journey.


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