



## Food and Exercise Journal: Holy Sh\*t You Got Hot: 100 Days Daily Food Activity Diary (Paperback)

By Get Fit Notebooks

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Holy Sh\*T! You Got Hot! is your convenient daily weight loss and activity diary; it covers the next 100 days. 100 days to the new you! This diary will act as a motivational planner - sure, it might not cook you a healthy breakfast, but it ll give you a chance to plan, reflect, and change. Plus, turning pages burns calories! Use it in your journey and forever alter the way you view fitness, health, and weight loss. This diary can be used to: Fill out the foods you eat Track your exercise Plan your weekly meals List your weekly goals Track your progress Support any type of diet plan (from high fat to no fat) Of course, this diary can also be used as a doorstop, but only after your goals are reached! Use the Look Inside feature of Amazon or look at the back of the book to see inside pages. - Measure your Food Consumption: Create an overview of daily intake of breakfast, lunch, dinner, snacks, total calories, protein/fiber content, and water consumption. - Measure your Fitness:...



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