



## My Diet Diary Your Portable Diet and Calorie Tracker

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By -

Speedy Publishing LLC. Paperback. Condition: New. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Diet Diaries help persons to be more conscious of what they are eating and how many calories, carbohydrates, or fats they consume, depending on what the dieter is tracking. Being conscious of these things, leads to thought about making better choices and controlling portion sizes. Diaries can also be used to track fitness activity, time, intensity and calorie expenditure of exercise which is helpful for dieters reach their diet and fitness goals. Its been proven that keeping track of foods eaten alone leads to gradual weight loss. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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