



# **Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7)**

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Diet and Exercise Journal, Volume 7, "Better Every Day" by I've Got This Journals

Reviews of our earlier cover design editions; all have the same great content, only different covers: "Great journal for keeping track of workouts and food intake"; -review

"Love this book!" –review

"This gives me an idea on how to keep track on what I eat and what works for me. I always go back to the date where it works best and to keep on track"

January 2016: Now the I've Got This "Diet and Exercise Journals" are available in even MORE cover selections! "Hello Beautiful", "Better Every Day", and "Rugged".

Click on the I've Got This Journals author page to view all of our new additions; be sure to buy I've Got This Journals for the same great content pages inside! All of our journals are identical inside, with space for 90 days of entries.

Research shows that keeping a food diary aids and supports weight loss – for just one example, Kaiser Permanente Care Management Institute's Weight management Initiative has recommended food journaling as a strategy for losing weight since 2002. Also, a Kaiser Permanente researcher found that losing as little as five pounds can reduce the risk of developing high blood pressure by 20 percent.

I've Got This Journals are designed for everyone who wants to increase their success rate in losing weight by keeping a food journal. I've Got This Journals, paperback with matte finish, give you a place to formalize and record your plan - and much more:

- Set Up Your Plan, & Review after 90 days: Pages to record your current info and your plan/goals, and pages at end to record weight/info at goal date.
- Food diary: track your intake for 3 meals plus 3 snacks.
- 8 per day: Keep track of the glasses of water you drink per day (8 water glasses to cross off as you drink)
- Vitamin(s): Record when you've taken them if applicable
- Weigh in: Record your weight, whether you wish to do so daily or weekly
- Exercise: Record your exercise for the day – including the # of steps for the day from your pedometer
- Motivation: Record words or thought for the day; as well as a place to note what went well with your diet goals today – and if anything to improve upon, such as certain situations that either help or hinder your diet and exercise goals.
- Reflection: What went well today with your diet and exercise? Good triggers? Things you noticed that helped you stick to your plan? How will you keep this in your plan?

What didn't go as well today? Bad triggers? Things that didn't help you stick with your plan? How will you avoid this next time?

Be sure to check out the new Diet and Exercise Motivations Coloring Book! With 30 motivational words coloring design pages, it's a great companion to your Diet and Exercise Journal. You can find it on I've Got This Journals' Author Page here on Amazon.

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Have you spare time to get a day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a walk, shopping, or went to the particular Mall. How about open or read a book called Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7)? Maybe it is to become best activity for you. You understand beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with it is opinion or you have different opinion?

#### **Jack Caldwell:**

The reason why? Because this Diet and Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7) is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will zap you with the secret the idea inside. Reading this book adjacent to it was fantastic author who write the book in such remarkable way makes the content on the inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of benefits than the other book have such as help improving your ability and your critical thinking method. So , still want to hesitate having that book? If I had been you I will go to the guide store hurriedly.

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