



## Food and Exercise Notebook for Weight Loss Tracking: Record What You Eat and How Much You Exercise

By Karen S Roberts

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Food and Exercise Notebook for Weight Loss Tracking is a day by day food and exercise journal that can be used along with any weight loss plan. By recording your daily foods and amounts, exercise, and weight, you can analyze what is working and what is not. By seeing the results of your weight loss journey, you will be inspired to continue and to develop healthy habits for both weight loss and weight maintenance.



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