

The Paleo Diet (or paleolithic diet) is a flexible and workable diet plan to help you lose weight, improve your health, prevent illness and potentially add years to your life. With a healthy, modern nutritional meal plan based on the presumed diet of Paleolithic humans., the Paleo Diet helps you control your weight and you can be healthy and still enjoy your food. If you want to make sure you achieve your weight-loss or dieting goals, you can use this 8.5x11 journal for to succeed with the Paleo Diet. This food and exercise journal allows you to log everything you eat and drink, mark down the exercise you do, count calories, carbs, etc. and track your progress daily and weekly. There is also a weekly diary page to jot down your thoughts and feelings. The 220 pages contain a full 2-page spread per day followed by a weekly summary. There is enough room for 13 weeks, or just over 3 months of daily tracking. At thev start of the journal you can write down your goals, your starting weight and measurements and there is even room for before and after photos to help your commitment. Studies have shown that conscientious tracking of your daily intake has a positive effect on results achieved and is a superb way to improve your commitment to changing your eating habits. This 220 page personal diet journal will help you set your weight-loss goals, track your progress daily/weekly and ultimately achieve the results you crave. Part of the Notebook not Ebook series with cover design by annumar - â€œDont just Count the Days... Make the Days Count! on a blue cover. Our notebooks all have a distinctive and often inspirational colorful cover. The notebook is perfect bound so that pages will not fall out and has a soft yet sturdy cover. To see our full range of notebooks and journals visit us at Spicyjournals.com or click on the Amazon author link for Spicy Journals above.

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