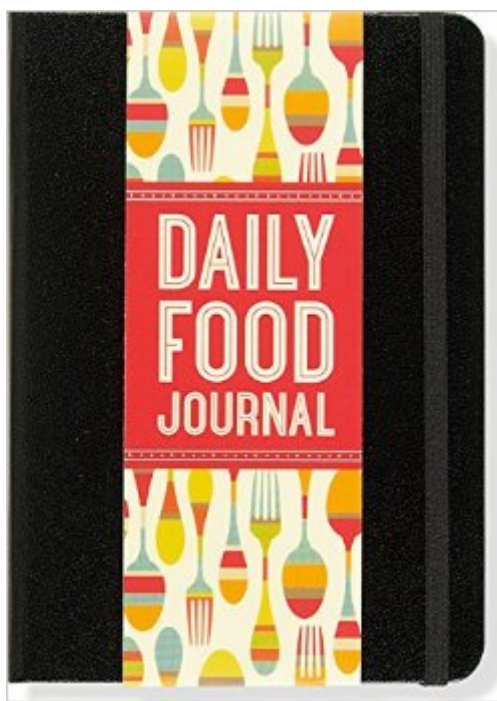


The book was found

Daily Food Journal



Synopsis

Studies show keeping track of what you eat is one of the best ways to manage your weight. This easy-to-use log book allows you to jot down the foods you eat for breakfast, lunch, dinner, and snacks. It also includes places to note calories, exercise, glasses of water, and servings of fruits and veggies. Compact book is small enough to fit in a purse or pocket. It has a removable cover band for those who don't wish to advertise that they're dieting. Ideal for quick record keeping at home, at work, or on the go. 192 pages for 3 months of daily entries. Elastic band attached to back cover keeps book closed. Ribbon bookmark keeps your place. Acid-free archival paper takes pen or pencil beautifully. 4-1/4 inches wide by 5-3/4 inches high.

Book Information

Diary: 192 pages

Publisher: Peter Pauper Press; Gjr edition (October 23, 2015)

Language: English

ISBN-10: 1441319697

ISBN-13: 978-1441319692

Product Dimensions: 4.5 x 0.8 x 6.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (33 customer reviews)

Best Sellers Rank: #3,476 in Books (See Top 100 in Books) #11 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #51 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

It's perfect for simply writing down your calorie intake and daily exercise. Small and discreet. If you want to keep track of much more, then this is not the book for you. I wanted something simple, and I found it. The label comes right off so no one has to know what it is for.

I love this book so very much. I left weight watchers but still needed to track every day. I write in this book every night and still track my WW points in it. I love it so much that I purchased 2 more so I have enough for the full year.

This was much smaller than I was expecting (about the size of my open hand), but still perfect. Pages are very nice, smooth, decent thickness. Plenty of room to write everything even though it's

small. All stickers and marketing are easily removable so it looks just like a plain Moleskine notebook. I love that it has sections for 6 meals each day, since that's how I break up my meals (Breakfast, snack 1, lunch, snack 2, dinner, snack 3). I actually got this to use for meal planning. I use myfitnesspal to log all of my meals, but I wanted to be able to plan out a week at a time so I can meal prep on the weekends. This notebook allows me to pencil in what I think would be a good day's worth of food, then look up the calories and determine if I need to add or remove anything. I prefer to do this on paper rather than in MFP so I can easily plan out a week at a time and also look back at past meal plans if I can't come up with what to eat.

I use it for tracking points along with the online program for WW and it is absolutely perfect. I find it difficult to track everything on the app, and I do better with tracking when I write it down. I love the hardcover and the built in bookmark. It also has a spot where you can fill in exercise, and water and veggie/fruit servings per day. The only think is it does not have a place to track weight loss, but I just write it in at the bottom of the page each weigh in day. I highly recommend for someone who is looking for an inexpensive tracker that gets it done!

This was a gift for someone who was formerly using a program recommended by a dietitian that is no longer available. She was looking for something with all of this features this book has. While I wish it was just a little bit smaller, it seemed pretty good and she was thrilled with it.

Seriously angry that after 2 days the elastic came off and the spine has cracked...how's this supposed to survive for 3 months if it's that fragile? It would be great if it were sturdy. It's a cute and discreet little book that would fit well in a purse so it's with you and you don't forget to write everything down.

I really like this food diary. It's easy to carry around. I don't need as much space as provided for each meal, but it is great to go back and see if my diet is working and if not what I might be over consuming. I discovered I was eating too much fruit. I cut back and the weight started coming off again.

Handy little journal for manually tracking your intake. Small enough to fit in a purse but large enough to fit what I want to write. Pages are sewn into the binding, so I think it will hold up well. Not sure if the description said this but it will cover about 90 days of journaling.

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