

[PDF] Daily Food Journal

Peter Pauper Press - pdf download free book



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Description:

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.
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- Title: Daily Food Journal
 - Author: Peter Pauper Press
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 - Language:
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