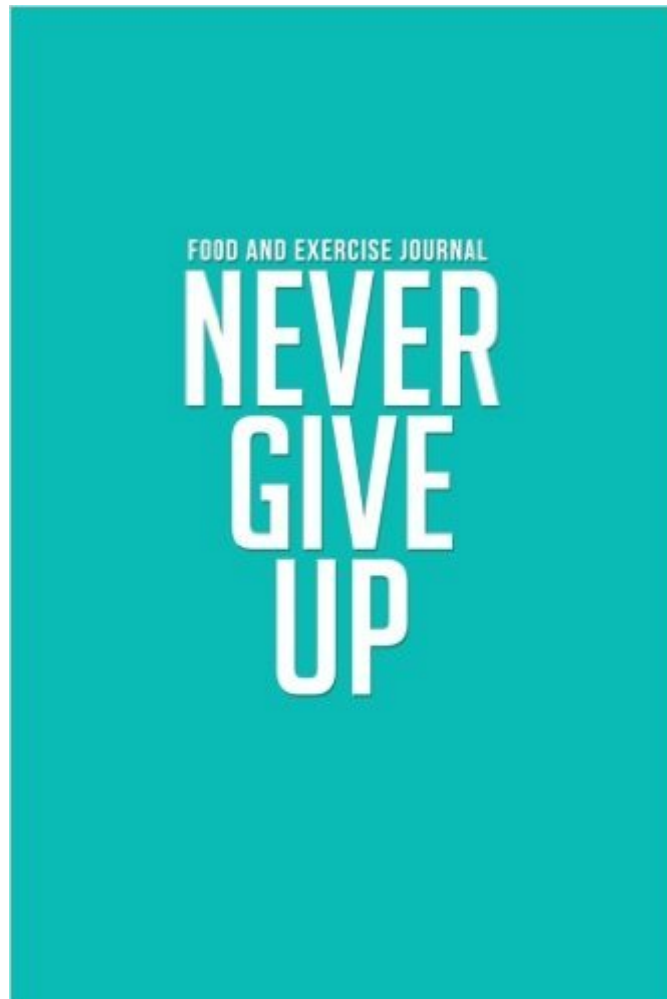


The book was found

Food And Exercise Journal 2014: Never Give Up (Tiffany Blue My Diet Diary)



Synopsis

Note: 2014 only refers to the year of publication. Food and Exercise Journal Start the year right with this food and exercise journal. Designed to easily track both your diet and exercise efforts, this slim, cool journal records calories and work outs of the day. Plus, you can also track other important factors to achieve your goal like stress, sleep and more. Get started today and add this diet diary to your cart.

Book Information

Paperback: 104 pages

Publisher: CreateSpace Independent Publishing Platform (February 1, 2014)

Language: English

ISBN-10: 149538294X

ISBN-13: 978-1495382949

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (48 customer reviews)

Best Sellers Rank: #42,259 in Books (See Top 100 in Books) #148 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

I bought the book for 2015 even though it says 2014 on the cover. The rest of the book isn't dated so I can fill it in as needed.

Easy to use, and keeps track of the basics without being too complicated (if it's too complicated it gets dropped after a week at best). The best recommendation I can offer is that I will buy again when this one is full :)

Leaving aside the fact that mine arrived with some grimy residue on the cover and a large crease on the top right corner, I found this to be decidedly unworthy. While there is arguably some merit to the simplicity, the paper is so cheap and flimsy that you can actually see the printing from the back of each page - leaving me in no doubt that any writing will immediately transfer and/or bleed through at least one, if not more pages. To be honest this comes across very much like a DIY item - like something you could put together yourself with free printables from Pinterest etc and a cardstock cover of choice. The price point is ok, I guess, and if you're really just looking for the absolute basics

with zero expectations you might feel like you're getting your money's worth - personally, to me this is like something you'd buy at the Dollar Tree. Returned mine for a full refund.

Perfect book to keep track of your food and fitness. Cute choices and isn't too bulky to pack in your purse to go.

This journal is fantastic!! I love that I can log my daily food and calories, track my water intake and all of my exercises. I just wish it had more pages so I could use it longer but I will definitely be purchasing this book again when I run out of room in this one.

Gets the job done but a little stiff. I want to say this book is amazing but I think I will buy a spiral binder next time. I like to write with my book flat . With this you have to hold it open with one hand and write/think with the pen in the next. It's not a perfect design. Sorry.

This journal works double duty and helps both you track your food and exercise habits. It's cute and fits right in my purse. I love it and it was a great help it trying to keep me on course.

Perfect! Definitely motivates me to keep up with my eating habits, and honestly the fact that it has the place to track water i take actually gets me drinking more water throughout the day because it reminds me! I have definitely let my water bottle empty and then just out of lack of remembering I never fill it up, when I go to cross it off, it reminds me to do so. Love the area for tracking exercise incase I ever don't have my phone with me or I'm not wearing my tracking bracelet, and I also dig the little area that lets you track how you're sleeping/feeling. Also has a place for your warmup and cooldown of your workout out, love that because again it reminds me to actually record that, which is something I never think of when tracking my fitness in my phone, I've also actually started planning my workouts using the area in there on one side, and then checking them off as I go through my routine. Hey, it may look a little odd to carry round a journal with me from station to station at the gym, but it keeps me honest and it keeps me motivated and pushing a bit harder. I just slide it right under the machine on, or slip it in my purse if I'm just there for a quick workout out and not showering or using my locker. My only issue is that the cover of the book is exceedingly thin, and it bend within the first few days of having it, in the future I'll repurchase but I will definitely laminate the cover.

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