



Date _____					
Weight	Water		Energy		Activity
Sleep	   		<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>		
	   		Mood		
BREAKFAST	Food	Calories	Carbs	Fat	Protein
LUNCH	Food	Calories	Carbs	Fat	Protein
DINNER	Food	Calories	Carbs	Fat	Protein
SNACKS	Food	Calories	Carbs	Fat	Protein

CALORIE COUNTER LOG BOOK

Diet Diary Journal Calorie Counter

Smart Bookx



Diet Diary Journal Calorie Counter:

Food Diary smART smART bookx,2018-02-05 Large 8 x 10 Softback Food Diary Journal 4 99 3 99 e4 99 IF LOOK INSIDE ISN T LOADING the blue smART bookx link by the title will help you out INTERIOR 100 attractive daily records There s a spacious table to log each item eaten along with its weight protein fat carbohydrate pages won t fall out after a few months of use Dimensions 20 3 x 25 4 cm 8 x 10 Almost the same width as A4 but a few cm shorter in height so no more cramming MATCHING PRODUCTS smART bookx publish a wide variety of specialist journals Reading Logs Password Journals Meal Planners Fitness Journals etc To find products matching this one search carnival bookx don t forget the x SIMILAR PRODUCTS We publish several Food Diaries Each has the same interior but there are cover designs to suit all tastes To take a look search food bookx Thanks for looking The smART bookx design team Buy With Confidence Because Our Customers Love Our Stationery Affordable But Still Good Quality very satisfied very thorough Many other planners just didn t have all of the sections I needed or they did cost too much cover is super cute kind of soft Jun 1 2016 Love This planner is super cute I absolutely love the cover Lots of room to include all kinds of information June 13 2016 Great for taking theory notes or writing music I m a music major I needed staff paper cute product the staff paper is great Feb 1 2016 Amazing 3rd smART bookx recipe book I ve purchased I have it with the Carnival cover Polka dots cover to copy recipes for my daughter Love index pages Easy to find the exact recipe you are looking for since index shows all the recipe pages numbered Highly recommended Dec 28 2015

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always easy with the many drive thru windows open it can get real challenging But one way to stay on track is to keep a
personal food and fitness journal Keeping a detailed record of everything you have consumed and exercises you have
completed over a period of time will keep you motivated and on track with your progress We'd love to get you started on your
path to good nutrition and fitness by specially designing our Food and Exercise journal to meet your needs Our journal will
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