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Hello New Me: A Daily Food and Exercise Journal to Help ...

I tell women if you want to feel and look better do these 4 things everyday: sleep 7+ hours, eat mostly whole foods, drink 8 8oz glasses of water, exercise a minimum of 30 minutes. This Hello New Me journal tracks all of those 4 things and keeps it so simple!

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Product Information. Writing down and seeing your daily food intake gives a better perception of how much you actually eat. Studies show that tracking and planning your meals for a week or more yields the best results, but even recording your nutrition for one day can make a difference. Journal notebooks help you identify both your good habits (for example choosing healthy nutritious snacks ...

Give it a try, see the results! Are you trying to eat healthier? Are you working on getting in better shape? Then Hello New Me food and exercise journal is just for you - the perfect daily companion on the journey to become the best version of yourself! You will love it. It is cute, simple, clear, easy to use, and very organized. Now you can keep track of what you eat and how active you are, and evaluate what you can change about your diet and daily routines. Hello New Me will be your convenient diary and motivating planner during your next three months or 90 days (the standard time span for a weight training program). Features: Hello New Me allows you to: Easily record your food consumption: breakfast, lunch, dinner and snacks. Monitor your daily water intake. Keep track of your daily activity and exercises. Oversee your cravings and how you respond

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to them. Keep an eye on whether you get enough sleep. Control how your mood reflects on your will and eating habits. Note your feelings about your progress and missteps to improve each and every day. It is a great size (7.5 x 9.25 in) to carry in your purse or bag and in the same time have enough space to jot down everything needed. Why are food diaries so effective as a weight loss tactic? Writing down and seeing your daily food intake gives a better perception of how much you actually eat. Studies show that tracking and planning your meals for a week or more yields the best results, but even recording your nutrition for one day can make a difference. Journal notebooks help you identify both your good habits (for example choosing healthy nutritious snacks) and your bad habits (for example drinking mostly sugary drinks). Get Hello New Me now and set yourself up for success on your way to more fitness, health and weight loss.

Give it a try, see the results! Are you trying to eat healthier? Are you working on getting in better shape? Then Hello New Me food and exercise journal is just for you - the perfect daily companion on the journey to become the best version of yourself! You will love it. It is cute, simple, clear, easy to use, and very organized. Now you can keep track of what you eat and how active you are, and evaluate what you can change about your diet and daily routines. Hello New Me will be your convenient diary and motivating planner during your next three months or 90 days (the standard time span for a weight training program).

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Keep track of what you're eating if you're going gluten-free, vegetarian, vegan, paleo, high protein, or low carb, and monitor your dietary activities for food allergies, weight loss/gain, trigger foods, tracking points, eating clean, recording your daily eating habits will enable you to formulate a proper food plan overtime that will let you eat drink and be healthy. This is the perfect food journal that is a simple and efficient aid to tackle your healthy eating targets. designed with breakfast, lunch, dinner, snacks and calories sections and you can track daily activity, cravings, water intake, mood, and how to make tomorrow better with 60 days 120 page of space to write in.

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