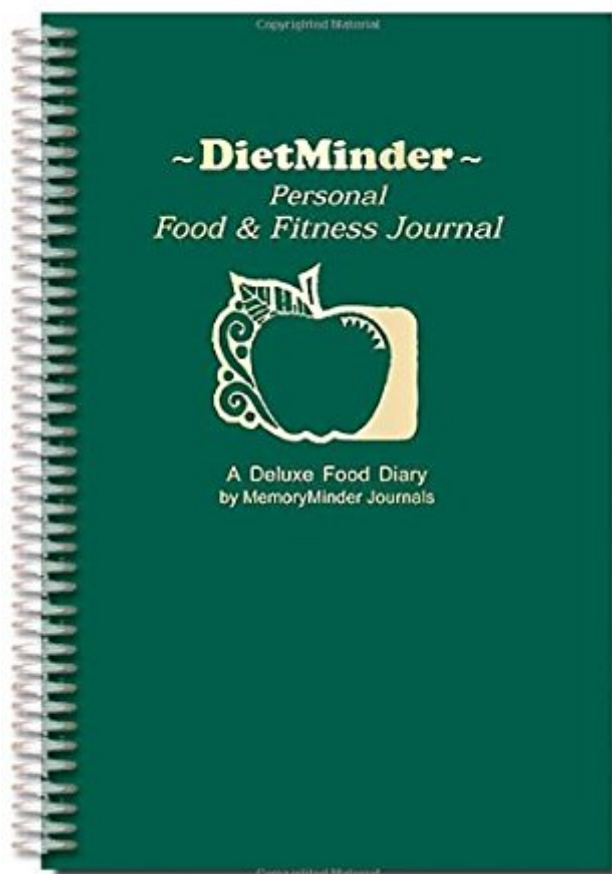


The book was found

DIETMINDER Personal Food & Fitness Journal (A Food And Exercise Diary)



Customer Reviews

The spiral bound "Dietminder" is a good tool of choice if you're looking for a handy and convenient way of keeping track of your food intake. While there is a space provided to write down your daily physical activity, it is minimal. Readers wanting some serious space to record exercise should check out this author's other "Bodyminder" book. Okay. The "binder" starts off with tips for using the journal- and includes a general overview of what's contained on each page (remember, this is a journal filled with pages that are all the same). Essentially, this section shows you how to use the journal. Some dietary web resources you can refer to follow. Next comes a section on setting your goals, complete with pages for before and after photos of the new you. After this, the pages are all the same. On the left side page are places for you to record your breakfast, lunch, and dinner, with columns for calories, as well as fat, carb, protein, and fiber grams. The right side page contains a place for snacks, vitamins, daily grand totals, as well as vitamins, supplements, and medications. A small space for physical activity is placed at the bottom, along with an even tinier spot for miscellaneous notes. All-in-all, there's plenty of room on the pages to write down the things you bought the journal for, and the spiral binding makes it easy to write on because you can flip the pages over for a thicker writing surface! The book ends with a kind of "wrap up" section that contains favorite food facts (i.e. like the number of calories or fat in common foods), a place to graph records, weekly progress charts to write down info such as your weight and other measurements, and some reference calendars. The last page is a plastic page to store things (no, not your snacks).

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