



Calorie Counter Journal For Dummies

By Rosanne Rust, Meri Raffetto

John Wiley and Sons Ltd, United Kingdom, 2010. Paperback. Book Condition: New. 211 x 145 mm. Language: English . Brand New Book. Achieve your dietary and lifestyle goals and stay on top of your eating and exercise plan Are you trying to improve your health? This handy guide provides you with the tools you need to change your eating and exercise habits for the better. Chock-full of useful information, this book will help you set realistic, attainable goals and get you on your way to achieving them. Customize your journal -- track all kinds of information based on your specific health condition and goals Create your personal vision -- determine which stage of behavior change you re in and establish SMART goals Eat right and stay fit -- figure out your calorie needs, understand food groups, and balance healthy eating and exercising Record important nutritional information -- document average dietary intake, exercise progress, and personal achievements Track your progress -- see positive trends in your behaviors and overall health Open the book and find: 24 weeks of daily journal pages Weekly wrap-up assessment pages Quick-reference nutritional information A primer on basic sports nutrition Sample exercise plans Clues for determining your...



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