



Diet Tracker (The Discreet Food Log for Diet Success) (Volume 4)

Jean LeGrand

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Your Diet is Your Business. With this “Discreet” Diet Tracker, you won’t broadcast to the world that you are dieting. This diet journal notebook has a plain cover so you can keep your business to yourself. And the convenient 5” x 8” size makes it easy to keep out of site in a purse or pocket. There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off. In a six month study published in the American Journal of Preventive Medicine, people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less. The “Diet Tracker” has been designed for flexibility; you don’t have to fill out every single area marked if you don’t want to ... just try to be consistent so when you review your entries over a week (or month or longer), you have information that can help you understand your eating behavior and how you are -- or should be -- changing your relationship with food. If this is your first attempt at getting fit or if you’ve had trouble getting or keeping weight off in the past, the “Diet Tracker” will help you achieve the results you want and deserve. And, with the low-key cover and handy size, your diet will be nobody’s business but your own. There are 5 books in this series of Food Logbooks with covers that underscore their function as a diet aid: My Personal Diet Journal - The Discreet Food Log for Diet Success 1 Diet Journal Notebook - The Discreet Food Log for Diet Success 2 Food & Exercise Journal - The Discreet Food Log for Diet Success 3 Diet Tracker - The Discreet Food Log for Diet Success 4 Diet Journal - The Discreet Food Log for Diet Success 5 Key Words: Weight Loss, Food Log, Diet Diary, Food and Exercise Log, Food Journal, Diet Journal, Mediterranean Diet, Dash Diet, Diet and Fitness Journal, CalorieKing, Diet Tracker, HealthMinder, BodyMinder, 40-30-30, Ketogenic, Diet and Fitness Logbook, Gluten-Free, Paleo, Food and Exercise Journal, Acid Alkaline Diet, Low Carb, Diet and Fitness Log, Food and Exercise Logbook, Fitness and Nutrition Journal, Intermittent Fasting, Flat Belly, Anti-Inflammatory, Low Fat



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