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# DIET DIARY: PERSONAL FOOD FITNESS JOURNAL



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Proven Increased Health and Weight Loss Results! Keeping a food log has been proven to be one of the most effective tools for people to make lifestyle choices in regard to the healthy consumption of food. There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight...

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- Authored by Jean LeGrand
- Released at 2014



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