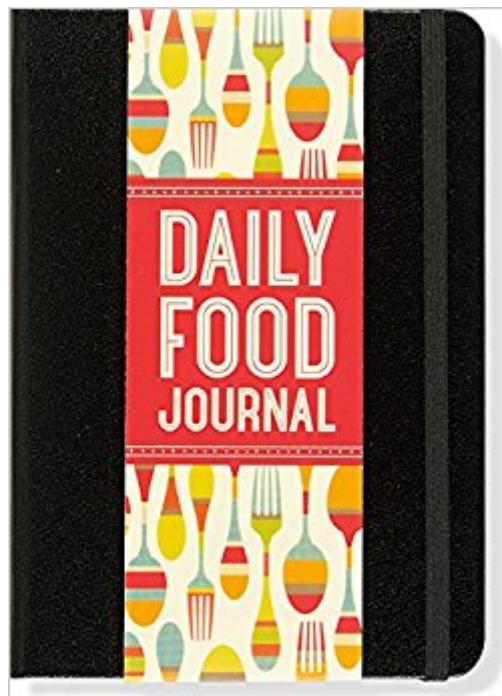


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# Daily Food Journal



## Synopsis

Studies show keeping track of what you eat is one of the best ways to manage your weight. This easy-to-use log book allows you to jot down the foods you eat for breakfast, lunch, dinner, and snacks. It also includes places to note calories, exercise, glasses of water, and servings of fruits and veggies. Compact book is small enough to fit in a purse or pocket. It has a removable cover band for those who don't wish to advertise that they're dieting. Ideal for quick record keeping at home, at work, or on the go. 192 pages for 3 months of daily entries. Elastic band attached to back cover keeps book closed. Ribbon bookmark keeps your place. Acid-free archival paper takes pen or pencil beautifully. 4-1/4 inches wide by 5-3/4 inches high.

## Book Information

Diary: 192 pages

Publisher: Peter Pauper Press; Gjr edition (October 23, 2015)

Language: English

ISBN-10: 1441319697

ISBN-13: 978-1441319692

Product Dimensions: 4.5 x 0.8 x 6.2 inches

Shipping Weight: 7.7 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 120 customer reviews

Best Sellers Rank: #3,888 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #55 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

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Daily Food Journal A compact, uncluttered food diary where you can record what you eat and drink each day. Small enough to tuck into your purse, this journal is ideal for quick food record keeping at home, at work, or on the go! [View larger](#)

Want something simple to track what you eat and do each day? [View larger](#) [View larger](#) [View larger](#) Daily Food Journal is easy to use! This simple guided notebook will help you track caloric intake and expenditure by providing a private place to record meals, snacks, and exercise. Uncluttered daily logbook pages make keeping track of

meals, snacks, fluids, fruits/veggies, and activity a snap. Adaptable for popular weight loss programs, too! Bite it and write it...here! Studies show that tracking what we eat and drink each day is one of the best ways to manage weight and health. In fact, recording what we eat and how we exercise can help us lose up to 50% more weight! Writing down what we eat keeps us honest about our actual consumption, which helps us stay on track to achieve our goals. Tracking made easy. Each day, start by writing down the date and circling the day of the week - Su, Mo, Tu, We, Th, Fr, or Sa. (Miss a day? No worries!). Record what you eat for 3 meals and 3 snacks. Write down amounts and calories for each. Also record your water consumption (check off up to 8 Cups of Water) and those healthy Fruits/Veggies (check off up to 8 servings). Finally, note any Exercise, its Duration, and Calories burned. Plenty of space. Make notes about your progress, changes in your weight, and experiences you have along the way. Note your weight at the beginning and end of the logbook, and evaluate how keeping track of your consumption has impacted your progress toward your goals.

[View larger](#) Discreet little black book. Don't want everyone to know you're tracking what you eat? Simply slip off the cover band, remove the back cover sticker, and you have an attractive yet discreet little black book! Red interior endsheets and an elegant black ribbon bookmark complement the design. Use the elastic band attached to the back cover to help keep your place or use it to keep the Journal closed. Carry it everywhere! The Journal is small enough to fit in your bag or backpack, but offers plenty of room to write. Perfect for quick record keeping on the go. Make notes right at the table! Sturdy food diary gets the job done. Smooth archival-quality paper takes pen or pencil beautifully. Durable hardcover binding makes it easy to write and protects your log entries. Journaling allows you to look back day by day, review what you've been eating, along with your activities, and adjust your food and fitness regime to meet your goals.

**About this Daily Food Journal:** 192 pages provide logbook pages for 3 months of daily entries. Sturdy hardcover binding. Remove the cover band and back cover sticker and you have a discreet plain black book. Includes an introductory page with tips to get you started. Makes a handy meal planning tool, too! Review favorite foods and plan future meals with calories. Compact size: Just 4-1/4 inches wide by 5-3/4 inches high.

[View larger](#) **Our Company History** In 1928, at the age of twenty-two, Peter Beilenson began printing books on a small press in the basement of his parents' home in Larchmont, New York. Peter - and later, his wife, Edna - sought to create fine books that sold at

prices even a pauper could afford. Today, still family owned and operated, Peter Pauper Press continues to honor our founders' legacy - and our customers' expectations - of beauty, quality, and value. Image: Peter Pauper Press headquarters, Mount Vernon, New York, circa 1948.

It's perfect for simply writing down your calorie intake and daily exercise. Small and discreet. If you want to keep track of much more, then this is not the book for you. I wanted something simple, and I found it. The label comes right off so no one has to know what it is for.

Awesome little book! Fits perfectly in my purse, but also plenty of room for my super large handwriting! Also has a handy bookmark :) I love how it lets you decide what day it is. You get to circle a day so it's not pre listed. I always hate that bc if you miss a day it's a wasted page

Great little book. Wish it had more pages. Simple and easy to use. Not cluttered with a lot of unnecessary STUFF.

I am just starting to use it today to replace a journal from a Health Quest. It has places to record meals and snacks, including calories, to keep track of glasses of water and exercise too. However I do not recommend this for people who have trouble reading small print. The book measures 4 x 6 inches.

A straightforward journal to log food. Just what I was looking for. The paper and binding are good quality. Enough space to list ingredients for each meal. I only wish that there was a separate place to add daily total calories and a bit more space under exercise as well, so that I can work out my net calories. Another suggestion would be to include some empty pages for notes at the beginning and the end (2-3) so that I can set target dates and so forth. I am quite happy with this purchase on the whole, however.

It is quite small, small enough to fit in a bag or briefcase, but so small it's kinda hard to write down what you've eaten. I saw one at a weight loss meeting that had the exact same cover but it was a lot bigger than this one. So my fault for not reading the size in the description and noticing it was not what I needed. If you write very small it would be perfect for you.

Love these journals. They have room to record all sorts of information. You can also carry them everywhere with you and not have to worry about internet connection/phone charge/etc.

This was a gift for someone who was formerly using a program recommended by a dietitian that is no longer available. She was looking for something with all of this features this book has. While I wish it was just a little bit smaller, it seemed pretty good and she was thrilled with it.

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