



## My Daily Food Exercise Log (Paperback)

By Bittersweet Publications

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Keeping a daily log of what you eat and how much exercise you do is a sure fire way to motivate yourself to achieve your fitness goals. This compact journal has space to record all of your meals and snacks. There are daily reminders to encourage you to drink enough water, eat plenty of fruit and veg and get a good night s sleep - all essential if you want to really look after yourself well. It is well proven that what get s recorded gets done - so if you are serious about changing your diet and exercise habits it is essential to keep a record of what you are doing. My Daily Food Exercise Log is a practical and motivational tool to help you hit your target.



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