



## 21 Day Tummy Diet Journal: Weight Loss and Symptom Log

By My Personal Journals

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you starting the 21 Day Tummy Diet? Get the must-have companion - the 21 Day Tummy Diet Journal - Weight Loss and Symptom Log to easily track your meals, sleep and digestive markers for 60 days! Add this simple, easy to use journal to your arsenal for the ultimate success on the 21 Day Tummy Diet! The 21 Day Tummy Diet Journal - Weight Loss and Symptom Log is small enough to carry in your purse or bag to help you record your progress all day long. This unique journal includes: Daily charts to record your meals and additional room to note the times of your meals. A dedicated place to track your sleep, gas, bloating, heartburn and more. Charts to track your weight loss and body measurements. Space to create weekly meal plans and shopping lists. A place to keep all your favorite diet recipes in one place for quick access during meal preparation. Pages to paste your ongoing journey in pictures. Staying motivated on the 21 Day Tummy Diet plan is a breeze with the...



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