[PDF] DietMinder: Personal Diet & Fitness Journal (A Food And Exercise Diary)

Frances E. Wilkins - pdf download free book



Books Details: Title: DietMinder: Personal Diet & F Author: Frances E. Wilkins Released: 1998-09-01 Language: Pages: 240 ISBN: 0963796828 ISBN13: 978-0963796820 ASIN: 0963796828

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Description:

Review "...the DietMinder is the answer. This impressive planner helps you organize your entire fitness program in one place!" -- *Diet & Exercise Magazine, Summer 1998*

"If you are really serious, this diary will keep you on the straight and narrow." -- So Young Newsletter, Feb. 1998

From the Publisher Experts agree that writing down what you eat promotes better diet decisions. Seeing the foods you are eating in black and white will help keep you focused and strengthen your commitment. This is a safe, proven, and effective way to lose weigh t and achieve other fitness goals.

The DietMinder is a book you will enjoy using. It can be your key to success no matter what diet and fitness plan you chose. Whether you follow your doctor's advice, or the latest fad, or make up your own rules...the DietMinder works with all of them!

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