



Calorie Counter Journal For Dummies

Rosanne Rust, Meri Raffetto

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Achieve your dietary and lifestyle goals and stay on top of your eating and exercise plan

Are you trying to improve your health? This handy guide provides you with the tools you need to change your eating and exercise habits for the better. Chock-full of useful information, this book will help you set realistic, attainable goals and get you on your way to achieving them.

- Customize your journal — track all kinds of information based on your specific health condition and goals
- Create your personal vision — determine which stage of behavior change you're in and establish SMART goals
- Eat right and stay fit — figure out your calorie needs, understand food groups, and balance healthy eating and exercising
- Record important nutritional information — document average dietary intake, exercise progress, and personal achievements
- Track your progress — see positive trends in your behaviors and overall health

Open the book and find:

- 24 weeks of daily journal pages
- Weekly wrap-up assessment pages
- Quick-reference nutritional information
- A primer on basic sports nutrition
- Sample exercise plans
- Clues for determining your health status
- Guidance on setting achievable goals

Learn to:

- Assess your health and fitness
- Set dietary and lifestyle goals
- Use the journal to document dietary intake, exercise, and weight loss
- Think beyond the scale
- Incorporate exercise in your daily life

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Candace Arroyo:

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