



DIETMINDER Personal Food & Fitness Journal (A Food and Exercise Diary)

F. E. Wilkins

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The *DietMinder* is a deluxe food diary with plenty of room to record quantities and food counts (calories, fat, carbs, protein, etc.) of breakfast, lunch, dinner, and snacks. A special area for daily totals makes it easy to see at a glance how you are doing. Each "day" consists of two pages with space for exercise details, too. There are other helpful sections in the book such as the "Favorite Foods" listing which provides food counts on over 100 common foods and has space to add your own favorite food information. The "Goals" section of the *DietMinder* is also important. Here you can list your starting statistics, state your goals, and even paste a "before" picture. This is a great way to stay motivated!

The *DietMinder* can be used with virtually any food or fitness program. It has been proven that keeping a food journal helps people focus and stay more committed to improving their eating habits. It really works!

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