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# I Love My Food And Exercise Journal

**Monday Week 3**

Breakfast	Amount	Calories	Time	Location
Total Breakfast Calories:				

How hungry were you before eating?  
Not at all 1 2 3 4 5 6 7 8 9 10 Very

How do you feel about the healthiness and size of this meal?  
large/unhealthy      small/healthy

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

**Well Done!**

How hungry were you before eating?  
Not at all 1 2 3 4 5 6 7 8 9 10 Very

How do you feel about the healthiness and size of this meal?  
large/unhealthy      small/healthy

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

**Well Done!**

Snack	Amount	Calories	Time	Location
Total Snack Calories:				

How hungry were you before eating?  
Not at all 1 2 3 4 5 6 7 8 9 10 Very

Why did you eat this snack?

**Total Lunch Calories:**

**Total Snack Calories:**



## Synopsis

CLEAR, EASY TO USE, Food and Exercise Journal - over 15,000 copies sold! This awesome Food and Exercise Journal has two pages per day with plenty of room for you to record everything you eat and drink at Breakfast, Lunch and Dinner (along with all of those cheeky snacks in between!), as well as room for you to add up all of your daily calories. Keeping a Food and Exercise Journal is fun and simple, so why not give it a go? Just write down everything that you eat and drink for 10 weeks and regain control over your weight and health!

## Book Information

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## Customer Reviews

Great book, great size, exactly what I needed. Doesn't have pre printed dates so you can start at any point in the year. I'm going to spiral bind mine so I have a little more flexibility. Took a picture of the cover because some people were curious what it looks like, all in all I'm happy with it!

Serves its purpose. Good way to track how you feel at mealtimes. Smiley/sad faces hold me accountable for choosing healthy or poor meals. Rather large, but I like it the space I have to write.

LOVE this food & exercise journal. I have had 2 before this that were much smaller and I hated them. With this one there is a ton of space to write everything down, track emotions, water intake, fruits & vegetable servings, etc. I only weigh myself on Sunday's but if you are one who likes to weigh in everyday there is a place to record that. It gives you a starting point for weight & measurements and each end of the week there is a "week summary" where you can reflect on your

week which I REALLY love!!!!My only complaint is that it's not spiral bound but that's just a personal preference thing...it still opens & closes just fine. lol

I'm not kidding, I really do love my food and exercise journal! I've spent the last year and a half using calorie tracking apps like MyFitnessPal, which are incredibly useful and mobile, but I find that I need to see a visual of what I'm tracking on paper (the same way I also like seeing a printed calendar versus a to-do list on my phone). I found that I was using MFP to toy around and manipulate my food choices throughout the day, instead of internalizing what meals felt healthy. I also found that the apps made it difficult to access a weekly report. I decided to get a journal instead. I searched around a variety of different formats, but this one seemed to cover everything: Calories, food types and amounts, exercises, ways to track and monitor feelings about what you ate and how hungry you felt, and a weekly progress report which allows you to weigh-in, and put into words how you think you did that week and how you would like to improve. THIS IS A BULLETPROOF TRACKING TOOL FOR FOOD AND FITNESS I think the most important aspect of developing better nutrition and exercise habits is by checking in with what works best for us. That means checking in on how you feel! It's so easy to try and quantify all of our experiences (pounds lost, calories consumed, calories burned, steps taken, etc.) but sometimes these numbers, when compared to others, tell you more about how you compare in a population versus what actually works best for you. This journal is a great tool for checking in on what you do, what you need, and what works best for you. You are your own best indicator of how you're doing, not a logarithm! One Critique: This journal is effective for only ten weeks. I wish it would have enough entries to last a whole year, or at least three months (which can be a standard time span for a weight training program). More pages, please!

This is exactly what so many of us need! Unlike the rigid gym rat logs I've been using, this is actually fun to use (and no, I'm not exaggerating). Take a look for yourself using the "Look Inside This Book" function. You do an up-front assessment (terrifying) of height, weight, measurements and goals, then do a daily log that includes invaluable things like identifying how hungry you are before you eat, what mood you're in at the end of the day, etc. There isn't a lot of space for exercise, but if you do a gym circuit/aerobics, or an at-home regimen, you won't need a lot of space. The diet section is more than adequate and laid out very well. This is the friendliest and least-intimidating log I've ever found (or made for myself), and it really does include valuable little perks. I'm so happy to have found this, I'm getting one for my (adult) daughter and a couple of

friends who, at my age, have decided they're fed up with those extra twenty/fifty/one hundred pounds and are trying to get in some sort of shape for our upcoming fiftieth high school reunion. The book is just wonderful!

This is first food journal that makes sense to me and helps me with proper nutrition and exercise. Has lots of space to enter all meals snacks and exercises for each day of the week plus a weekly review page with entry space for your weight. The daily journal lets you give feedback to yourself as to how well you believe you ate by providing smiley or no smiley faces that you check. Helps greatly!

Overall, it's a good journal and the size is just fine. My ONE complaint about this is that it automatically assumes that your Day 1 for Week 1 starts on a Monday. That's not always the case. I wish you can write out the days of the week in the book rather than having the book assume for you. You just have to cross out the days and put whatever day you want when you start and then you have to do this each and every single day. If you already have this book, my review should make more sense :). Anyways, it's fine, but I'm searching for another one to use.

This product is everything it says it is. A food and exercise journal. Each open book page (2 pages when laid flat) is the outline for one day. Smiley faces can be scratched based on how you feel about the meals you ate. There are places for meal recordings, water, and exercise as well as any notes you would like to include. I like it at first but believe it is a mere matter of preference, I would have preferred the pages to be a little more open to write what I wanted rather than so many boxes and faces to mark off. Like I said, pure preference.

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