



The Ultimate Diet Log: A Unique Food and Exercise Diary That Fits Any Weight-Loss Plan

By Suzanne Schlosberg, Cynthia Sass

Houghton Mifflin. Paperback. Book Condition: new. BRAND NEW, The Ultimate Diet Log: A Unique Food and Exercise Diary That Fits Any Weight-Loss Plan, Suzanne Schlosberg, Cynthia Sass, Modeled on the enormously successful Ultimate Workout Log, this essential twenty-six-week diet log can be tailor-made to any diet or eating regimen and ensures long-term results. Experts believe that simply being aware of what you eat is half the weight-loss battle. Finally, the creator of The Ultimate Workout Log teams up with one of the country's top nutritionists to bring us the tool we really need--The Ultimate Diet Log, a goal-oriented daily diary for tracking food choices, eating habits, and exercise patterns for anyone interested in losing weight, firming up, or just eating better. With its accessible, flexible format that can accommodate any eating plan, this indispensable new log helps readers chart their way through the four stages of food awareness to permanent weight loss--and improve their daily eating habits for life. Features: 5-day initial assessment - 3-step plan to narrow the focus and set smart goals - 26-week daily diary - Exercise tips - Charts to track progress - and more.



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