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## Atkins Diet Journal Food Diary, Set Goals - Track Progress - Get Results: Make the Days Count Diet Journal and Food Diary, Green Cover, 220 Pages, Track Progress Daily for 3 Months.

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By Spicy Journals

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Atkins Diet is a flexible and workable diet plan to help you lose weight. The Atkins Diet has been used by numerous people for many years and was created by a doctor. Simply put, it works! Many say the Atkins Diet is the ultimate solution to losing weight, keeping it off, and feeling amazing. If you want to make sure you achieve your weight-loss or dieting goals, you can use this 8.5 x11 journal for to succeed with the Atkins Diet. This food and exercise journal allows you to log everything you eat and drink, mark down the exercise you do, count calories, carbs, etc. and track your progress daily and weekly. There is also a weekly diary page to jot down your thoughts and feelings. The 220 pages contain a full 2-page spread per day followed by a weekly summary. There is enough room for 13 weeks, or just over 3 months of daily tracking. At thev start of the journal you can write down your goals, your starting weight and measurements and there is even...



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