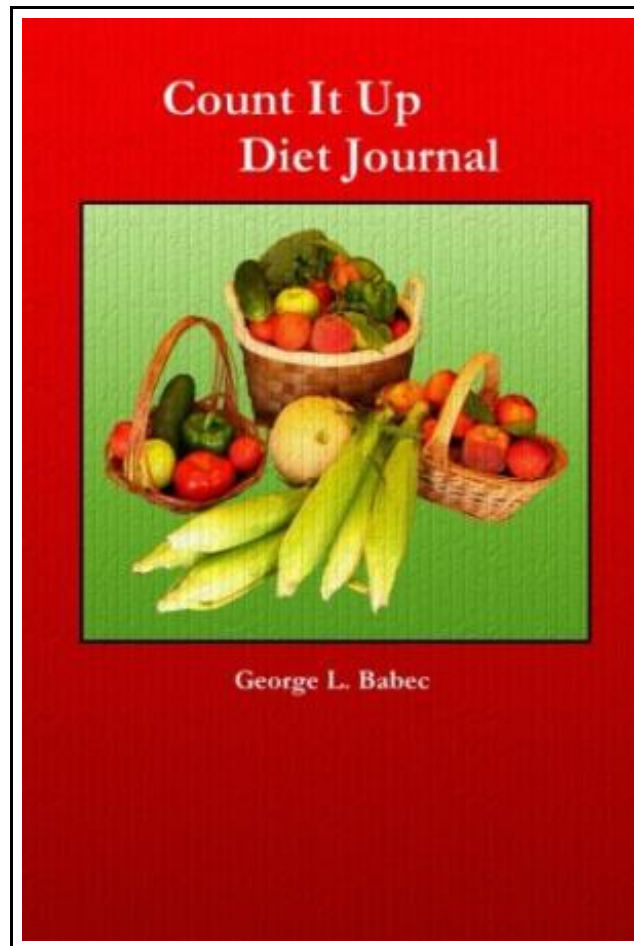


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Reviews

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Count It Up Diet Journal is a great tool for recording daily diet information. The journal includes sections for daily diet and macronutrient records, meal plans, monthly progress charts and calendars, and conversion information for various measurements. The daily diet journal tables are available for entering food descriptions, calories, and macronutrients consumed throughout each day of diet recording. Tables are provided for pre-planning meals that can be followed once or many times during each month. Each meal plan has an area for writing down the total calories and macronutrients that are consumed each time the meal plan is used. The calendar section can be used to record the meal plans followed each day as well as any other information desired like daily body weight or percentage of body fat measurements. The generic monthly charts provide a way for keeping track of various types of progress over the course of each month. Since these charts are generic; any type of progress can be entered. Conversion information is provided for different measurements like the number of calories in each different type of macronutrient which includes fat, carbohydrates, and protein.



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