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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you want to make sure you achieve your weight-loss or dieting goals? You can use this 8.5 x11 journal for almost any diet or weight-loss system (for example: Doctor s Diet, Paleo Diet, Hungry Girl Diet, South Beach Diet, Dukan Diet, Atkins Diet, Super Shred Diet, etc.) This food and exercise journal allows you to log everything...

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- Authored by Spicy Journals
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