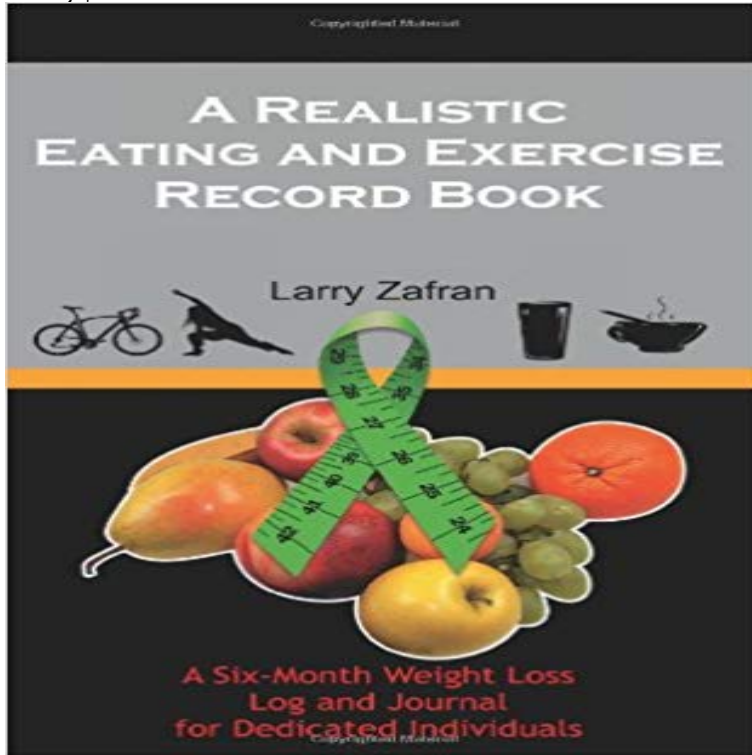


# A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals



A comprehensive weight loss journal to accompany *Weight Loss Made a Bit Easier: Realistic and Practical Advice for Eating and Exercise* by independent author Larry Zafran. This book includes seven pages of instruction including explanations of abbreviations and terminology, but is intended to be used in conjunction with the main book. Unlike many weight loss journals, this book does not provide the means to count calories. The author, himself having overcome more than 30 years of overweightness, maintains the opinion that efficient and permanent weight loss requires a high level of awareness of eating, exercise, and emotions, but not in the form of number crunching. Each daily journal entry provides space for the dedicated individual to notate his/her motivation, focus, and goals. There is space to track whether stretching and/or meditation was done, as well as brief descriptions of cardio and strength training exercises performed. For each meal/snack, there is room to notate the time of day as well as a brief description. On scales of 1 to 10, the reader is asked to evaluate his/her food choice, portion size, and level of calmness. More importantly, the reader is asked to evaluate his/her Fullness Level (FL) both at the start of the meal, as well as 20 minutes after. The goal is to keep FL between 3 and 8 by maintaining awareness, and opting for appropriate food selections and portion sizes. There is room to track water and alcohol consumption, activeness, and support/sabotage from others which may have influenced food or exercise choices. There are fields to notate moods and stress level, whether/why goals for the day were(nt) met, and space for general notes. The book includes special weekly/monthly questionnaires to cultivate mindfulness about plans, goals, and challenges for the upcoming week/month. Additional journal pages can be printed at no cost via the

authors website which also hosts a discussion forum and contact form.

**A Realistic Eating and Exercise Record Book: A Six-Month Weight** Buy A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals by Larry Zafran (ISBN: 9781456315252) **A Realistic Eating and Exercise Record Book: A Six-Month Weight** A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals by Larry Zafran (2011-04-19). by Larry Zafran.

**Images for A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals** 08/23/2013. A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals book download. A Realistic **A Realistic Eating and Exercise Record Book: A Six-Month Weight - Google Books Result** Buy A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals by Larry Zafran (2011-04-19) on **A Realistic Eating and Exercise Record Book: A Six-Month Weight** Scopri A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals di Larry Zafran: spedizione gratuita per **Larry Zafran - AbeBooks** Jun 30, 2012 A comprehensive weight loss journal to accompany Weight Loss Made a Bit Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Each daily journal entry provides space for the dedicated individual to **A Realistic Eating and Exercise Record Book: A Six-Month Weight** A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals. Larry Zafran. April 19, 2011. Larry Zafran. **A Realistic Eating and Exercise Record Book: A Six-Month Weight** Apr 19, 2011 Unlike many weight loss journals, this book does not provide the means A Six-Month Weight Loss Log and Journal for Dedicated Individuals. **A Realistic Eating and Exercise Record Book - Books on Google Play** A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals by Larry Zafran (2011-04-19): Larry Zafran:

**Website of ahyupaba!: Home** Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals at . Read honest and unbiased **A Realistic Eating and Exercise Record Book: A Six-Month Weight** - Buy A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals book online at best prices in **A Realistic Eating and Exercise Record Book: A Six-Month Weight** To determine the weight loss in more adherent participants, we did a post hoc Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals **A Realistic Eating and Exercise Record Book: A Six-Month Weight** Results 13 - 18 of 18 A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals by Larry Zafran : **Larry Zafran: Books** Results 1 - 12 of 17 A Realistic Eating and Exercise Record Book:

A Six-Month Weight Loss Log and Journal for Dedicated Individuals. Apr 19, 2011. by Larry **A Realistic Eating and Exercise Record Book: A Six-Month Weight** A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals. Larry Zafran. Published by CreateSpace **A Realistic Eating and Exercise Record Book: A Six-Month Weight** Apr 19, 2011 The Paperback of the A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals by **Larry Zafran (Author of The Complete Homeschool Planner and : Larry Zafran: Books, Biogs, Audiobooks, Discussions** Aug 24, 2013 A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals: : Larry Zafran: **Larry Zafran: Books** He is a dedicated student of the piano, and the leader of a large and active group of The Complete Homeschool Planner and Journal: A 180-Day Record Book for Homeschoolers and Involved Parents . A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals **A Realistic Eating and Exercise Record Book: A Six-Month Weight** ratings 10 reviews. The Complete Homeschool Planner and Journal by Larry Zafran The Complete Music Practice Record Book: A Six-Month Log and Journal for Dedicated Students. really liked it 4.00 A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals. **A Realistic Eating and Exercise Record Book: A Six-Month Weight** A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals: Larry Zafran: 9781456315252: Books **A Realistic Eating and Exercise Record Book: A Six-Month Weight** Sep 4, 2016 Dogma-Free Nutrition: How to Cut Through the Diet Hype and Eat for Your Goals. By Rachel. Your body needs three things to be healthy: exercise, sleep, and food. hurdle for most people needing to lose weight is gaining awareness of You can just record general portion sizes in your food journal, but **none** A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals: : Larry Zafran: Libri in altre lingue 12 Results A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals. 19 April 2011. by Larry Zafran. **Larry Zafran Books, Related Products (DVD, CD, Apparel), Pictures** Amazon??A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals???????????????????? : **Larry Zafran: Books** Apr 19, 2011 Unlike many weight loss journals, this book does not provide the means A Six-Month Weight Loss Log and Journal for Dedicated Individuals.