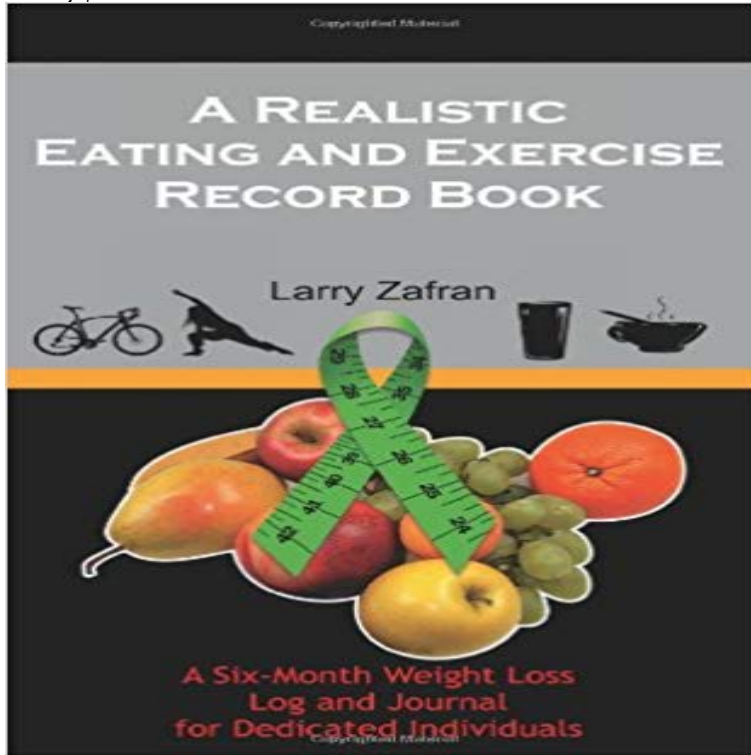


A Realistic Eating and Exercise Record Book: A Six-Month Weight Loss Log and Journal for Dedicated Individuals



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.

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