



The Dash Diet Journal: 6 Weeks of Blank Charts in the Dash Diet Journal - Plan Meals - Track Food Intake and Fitness Activity

By Frances P Robinson

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Dash Diet is an eating lifestyle that can help you lose weight, stay healthy and energetic. In the Dash Diet Journal you can plan and track food intake for the best results. It s a proven fact that people who record food consumption lose weight twice as fast as those who don t. Six detailed charts in this (daily) 6 week Journal help you to track the following: 1) 6-week daily weight loss chart 2) 14 Body Vitals and Measurements with start and end goals includes: Blood Pressure Cholesterol Blood Sugar (Circumference of) Neck Chest Waist Hip Upper Arms Thighs Calves 3) Weekly Meal Planner for 3 daily Meals and Snacks 4) Weekly Shopping List (Fill in blank) 5) Detailed Daily Chart to track the following: Milk/Egg/Dairy Grains/Carbs Fruit Vegetables Meats/Fish/Poultry Nuts/Legumes Sugar/Sweets Fats/Oils Sodium Calories Water Intake 6) Fitness Activity Describe Activity, Duration and Intensity Activity Level (Circle One: Light, Moderate, Heavy) Other Comments Section Let the Dash Diet Journal help you meal plan, track food intake and fitness choices to accomplish your goals.



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