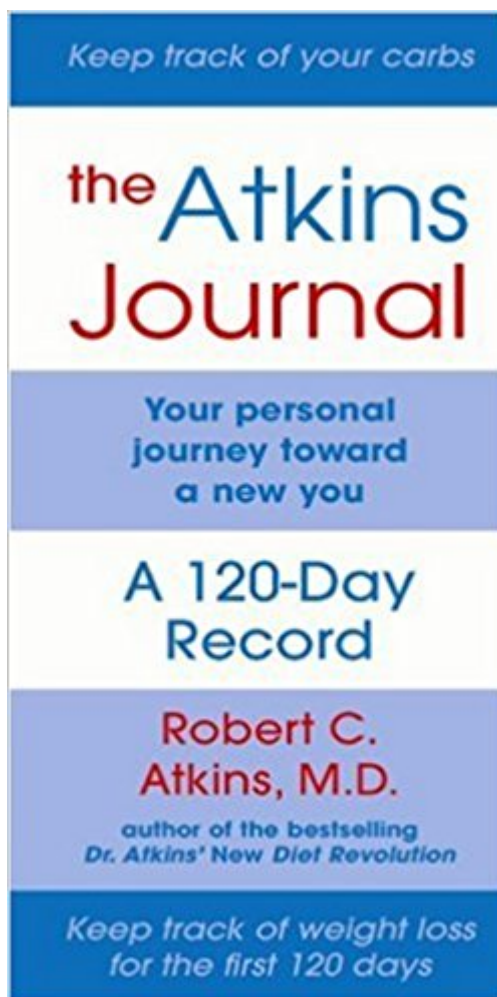




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Dr. Atkins' Journal Package



Synopsis

Includes The Atkins Journal and Dr. Atkins' New Carbohydrate Gram Counter.

Book Information

Plastic Comb: 224 pages

Publisher: M. Evans & Company; Pck edition (June 2, 2003)

Language: English

ISBN-10: 159077034X

ISBN-13: 978-1590770344

Product Dimensions: 4.4 x 0.8 x 8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 33 customer reviews

Best Sellers Rank: #241,585 in Books (See Top 100 in Books) #34 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #1470 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #2364 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

I didn't have any problem with the journal. It's an easy way to keep track of what you're eating, net carbs, etc. The one problem I did have, however, is that this journal is packaged with a small, separate carb-counter booklet....but it's an OLD edition! I have the newer edition (red)....and the net carb counts on a lot of the food items have changed since the old, white-coloured booklet edition. They need to package it with the newer edition. I do not suggest depending on the older booklet to keep track of net carbs.

Just piling on here, adding my two cents' worth of kudos for the journal and the way it keeps you focused on following the plan. I've been keeping track of carbs and exercise for a couple of months, just on scrap paper, and this is a nice little gift to myself. Following the program is a bit challenging, so having the journal really helps, and it's kinda fun, too. I can see myself wanting to buy another when this one is filled up. By the way, the little circles where you write in your carbs are in a light colored ink, so you can really write wherever you like on the page. I don't follow their layout precisely. The areas for snacks and little extras we might eat and wish to include are good additions, and I find I frequently have something to count that falls into a non-meal category. Very good product, I can't imagine any serious Atkins dieter, or low-carb dieter, not liking it.

I bought this journal about 7 years ago when I did the Atkins diet and knew it was a great book so I bought it again here on when I started the diet again. It has great information for low carb eating in the first 44 pages, Then it has a 120 day journal for keeping track of your carbs, what you eat, supplements, water intake, and exercise you've done that day, as well as a page at the end of every week for reviewing the week and putting in body measurements, and answering questions about how you did that week. There is also a spot for you to add your picture in the front of the book for when you started the diet and one in the back for when you have completed the journal. It also comes with a gram counter book which is amazing!!! I use it all the time it sits on my desk with the journal so I can easily plan out my meals. At \$10.00 this journal is great to keep organized and be sure as to how much you are eating and how many carbs you've had for the day. I wouldn't purchase any other journal ^_^ If you are reading this and not sure if you should get this journal GET IT!! I couldn't do the Atkins diet without it and neither should you.

I have never spent money for anything that was this much help. I know I always thought I knew what I ate and how many net carbs there were, but writing everything down really puts it into perspective. Now I KNOW what I am eating and it really helps me stick to my diet. It also has statistics at the end of each week.

I bought this journal a couple years ago, back when I was getting back on the Atkins diet. I really liked this tracker. I taped my comprehensive carb counter to the front of this so that I could record EVERY single net carb that I was eating. It was great for when I was at home, which is pretty much all the time considering I home school our kids and work from home. I'm sure it would be Ok to transport in a big purse to restaurants or to parties, but other than that it's a bit clunky to take with you when you're out and about. It served its purpose for me.

When I started the Atkins diet I wasn't writing down what I was eating or how much. The weight wasn't moving. After I bought this book and started my daily diary, it was amazing. I saw the mistakes I was making and the weight started to just melt away. Would highly recommend that anyone starting the Atkins diet get this journal.

I love this product but do wish the description would have said that it includes "Dr. Atkin's Carbohydrate Gram Counter"! Because I didn't know this I purchased the gram counter separately.

So now I have 2 - could have saved the money.

As always, for anyone who's on the Atkin's Diet, or thinking about it, their publications are great, informative and conducive to achieving results. What's more, these types of great tools help a person make lifestyle changes, rather than just dropping some lbs. I love this little addition to my other Atkin's reference materials and I'd buy it again, if I had to.

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