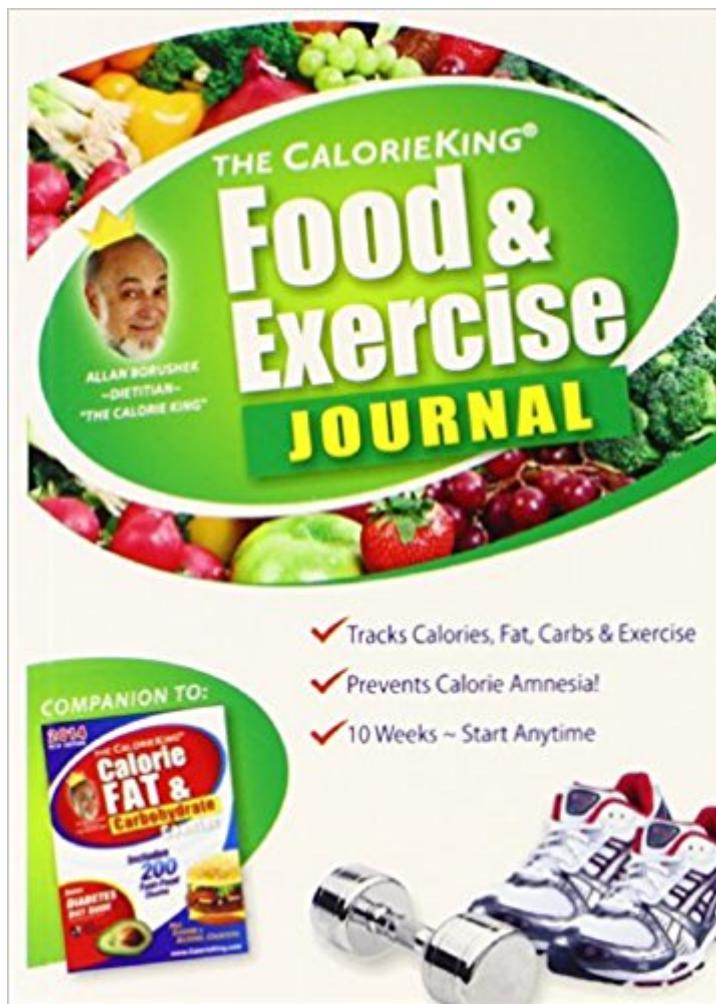


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# The CalorieKing Food & Exercise Journal



## Synopsis

The Calorie King Food & Exercise Journal is the perfect way to keep track of your healthy lifestyle. Featuring:- Pocket-sized, travels easily - 10-week, one day per page with weekly summary page - Space to record calories for food and exercise - Optional columns for carbohydrate, protein or fat intake - Water/fluid intake section on each page - Quick exercise guide - Tips on diet, exercise, changing eating behaviors

## Book Information

Paperback: 96 pages

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Language: English

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Product Dimensions: 4.3 x 0.3 x 6.1 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 238 customer reviews

Best Sellers Rank: #24,555 in Books (See Top 100 in Books) #4 in Books > Parenting & Relationships > Family Health #26 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #32 in Books > Self-Help > Journal Writing

## Customer Reviews

Allan Borushek Allan Borushek is a dietitian and biochemist with over 25 years of experience in clinical dietetics, community health education, and lecturing. He has formal university degrees in biochemistry and clinical nutrition and dietetics. Allan is the founder and president of Family Health Publications, a California corporation. His special interests include: ¢ the prevention and treatment of obesity, heart disease, diabetes ¢ senior health and anti-aging ¢ nutraceuticals, vitamins, minerals, anti-oxidants ¢ sports nutrition ¢ community health and nutrition education

Research shows that those who journal their food intake just four days per week lose more weight than those who don't. If you're tired of all the fancy apps that are a pain to use and just want to use a pencil and paper, this is for you. It has space for journaling as well as a surprisingly comprehensive list of foods and their nutritional content. I have bought several of these.

I used this little journal 15 years ago to lose 20 pounds. I gradually gained the weight back and I've

been trying to lose it using various apps, such as Lose It, but I have finally gone back to using this little journal that is so much more "interactive" and "hands on" than an app -- I find that actually taking the time to write down my food choices is very helpful in reinforcing good food choices versus bad food choices -- it's easier to flip through the pages to see what I actually ate and whether I lost weight or not when I ate certain things. I count calories, carbs, and fat -- and there is a column to record each of those values. At the end of each week, there's a page where you can record your daily calories and figure out your average weekly calories, which is so helpful because it shows you that your "oops" days really weren't so bad after all when averaged into your weekly total. Apps will do this, too, but I just find making the calculations myself is much more of a positive reinforcement. This page also has a "comments" section and "resolutions for next week" column, which I find extremely helpful -- haven't found an app with that feature yet! At the back of the book is a graph covering the whole 10 weeks where you graph your weekly weight loss totals so you can see your progress. Unlike an app I can keep it right out on my kitchen counter as a reminder to use it at every meal! I've only been using it one week and I've lost 3.6 pounds! Kind of amazing -- now I just use my app to look up foods that I haven't already entered in the journal! It is really small, but I like that, and haven't had any problems with running out of room to record my food choices, in fact, there's enough room that I can record my fasting blood sugars at the top of the page, and my post meal blood glucose readings at one and two hours.

I really like this journal. I really keeps me accountable for what I eat. I also like the fact that it's small enough to fit into my purse so I have no problem taking it with me, and no excuse not to either. It's also got a handy calorie count guide that included in the book. That's nice so I don't have to tote around two books with me. It's not a complete calorie counting guide by far, but it does have a lot of the common foods that we eat in it. I plan on getting another one of these books when I've filled this one up.

Great book and provides website link.

Great journal for those of us that are trying to lose weight. Allows one to track the essentials and see where to change the diet to reach the goal

Too much work for the short period of time it covers. Go to his excellent app if you want to keep a record.

I bought this based on the other reviews, but I wish I had listed to the person who said it was too small. I have small hands, and I thought it might just be the reviewer. However, this little book just tries to cram too much on to each page to be usable for me. I'm moving towards a regular spiral 5" x 7" notebook instead. This will also allow me to make little notes to myself as I shed weight and get used to exercising a lot.

GREAT, no-frills book, REASONABLY priced that is a small size, good for taking with you discreetly. There are other things in here that are nice; mini fat, calorie and carb counter, tips on exercise, fat intake/reduction, sugar reduction, carb/fiber intake, etc. Just my own personal wish--I would've liked this book to be more than for 10 weeks, though.

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