



Colouring Journal and Food Diary: Change Your Eating Habits (Paperback)

By Sue Feldman

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A colouring journal and food diary. Every change we need to think about and do is and the best way to begin, is to write out your intentions. Use this book to get you started with completing your goals. You should know that knowing what is healthy is important as well. It may get hard to make happen on your own. So a great method to foster a feeling of accomplishment as you reach your goals is to keep a journal or food diary and celebrate milestones. This ought to offer you more drive to know what is healthy as you prepare to change your eating habits.

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