



The Mayo Clinic Diet Journal: A Handy Companion Journal

By Mayo Clinic

Good Books. Spiral bound. Book Condition: new. BRAND NEW, The Mayo Clinic Diet Journal: A Handy Companion Journal, Mayo Clinic, The Mayo Clinic Diet Journal is the essential companion to The Mayo Clinic Diet. The Mayo Clinic Diet Journal includes: The Lose It! quick-start section that helps you keep track as you add 5 habits, break 5 habits, and adopt 5 bonus habits. The Live It! section of the Journal makes losing weight easier as you use this section to follow the Mayo Clinic Healthy Weight Pyramid, record your activity each day, and keep track of your goals. Also included in this handy Journal are forms to create a weekly shopping list, menus, and places for notes to yourself. Each section includes space for you to reflect on your week, as well as to record your weight loss. Losing weight with The Mayo Clinic Diet just got a little bit easier with help from The Mayo Clinic Diet Journal.



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Reviews

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