



Weight Loss Tracker for Calorie Counters (Paperback)

By Pat L Steele

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Most Important Fact About Calorie Counting. Calorie counting is one of the best ways to effectively lose weight and get healthy faster than anything to date. You need to treat your weight loss tracking journal as your constant companion in your quest for a healthier self. Fill this journal out with your exercise or physical activity goals side by side to your actual repetitions. Track your calories by listing down the food you eat. Horace said, What is important is to begin. You need this tracker so buy one today and take the first step!.



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Reviews

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-- **Dr. Bethany Lindgren**

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