

# Download The Calorieking Food Exercise Journal

Lose weight and keep it off! Start using our free calorie counter and exercise journal and we'll show you how! I saw the book on the calorieking.com website and figured I'd give it a chance. I'd used spreadsheets in the past to keep track of calorie intakes but you don't often eat your meals at a computer so it was hard to remember to input everything I ate. 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. Research\* shows that people who keep a food diary lose more weight than people who don't. Use this pocket-sized diary to prevent "calorie amnesia" and control your weight for life! Keeping a food journal greatly improves weight-loss success and maintenance for most overweight people. In fact, "self-monitoring" by using a journal is the most powerful predictor of long-term success for weight control.