



## The Corinne T. Netzer Dieter's Activity Diary (Paperback)

By Corinne T Netzer

Random House USA Inc, India, 2004. Paperback. Book Condition: New. 201 x 104 mm. Language: English . Brand New Book. KEEP TRACK OF YOUR ACTIVITY AND SEE THE RESULTS! Exercise plays a crucial role in weight loss and healthy living and now staying fit is easier with this handy, portable two-page-per-day activity diary. Just keep track of your daily spare-time activities, both sedentary and active and follow your progress day by day. You'll be able to spot and eliminate trouble areas at a glance with the book that helps you convert sedentary time to active time! An easy, efficient system for recording your daily activities for up to 8 full weeks A weekly progress report to keep you motivated Includes a concise calorie counter for quick reference Valuable tips and information to help you increase your activity Space for writing notes, your food intake, exercise schedules, and more!.



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