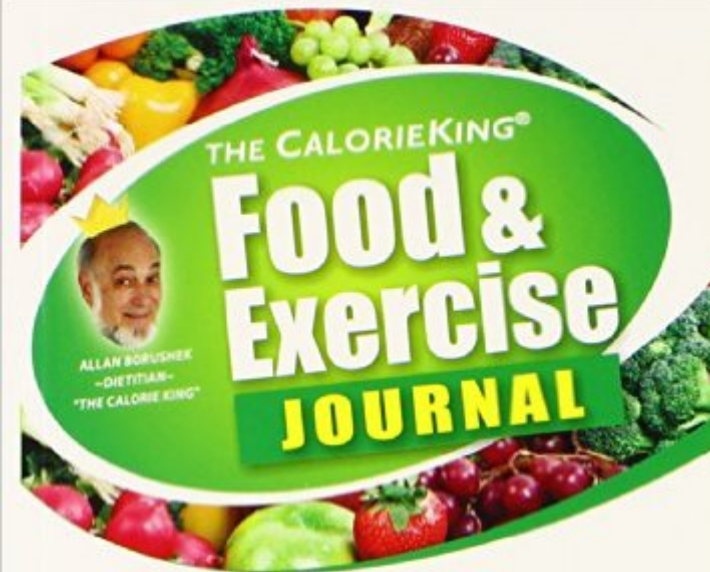


The book was found

# The CalorieKing Food & Exercise Journal




THE CALORIEKING®  
**Food & Exercise**  
**JOURNAL**

ALLAN BORUSHEK  
-DIETITIAN-  
"THE CALORIE KING"

✓ Tracks Calories, Fat, Carbs & Exercise  
✓ Prevents Calorie Amnesia!  
✓ 10 Weeks ~ Start Anytime

COMPANION TO:  
THE CALORIEKING®  
**Calorie FAT & Carbohydrate**  
JOURNAL  
Includes 200 Recipes  
DIABETES Diet Book



## Synopsis

The Calorie King Food & Exercise Journal is the perfect way to keep track of your healthy lifestyle. Featuring:- Pocket-sized, travels easily - 10-week, one day per page with weekly summary page - Space to record calories for food and exercise - Optional columns for carbohydrate, protein or fat intake - Water/fluid intake section on each page - Quick exercise guide - Tips on diet, exercise, changing eating behaviors

## Book Information

Paperback: 96 pages

Publisher: Family Health Publications; 1 edition (September 30, 2006)

Language: English

ISBN-10: 1930448155

ISBN-13: 978-1930448155

Product Dimensions: 4.3 x 0.3 x 6.1 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars - See all reviews (212 customer reviews)

Best Sellers Rank: #47,680 in Books (See Top 100 in Books) #8 in Books > Parenting & Relationships > Family Health #36 in Books > Self-Help > Journal Writing #56 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

I saw the book on the [calorieking.com](http://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. This book is small so it goes everywhere with me, its easy to use and comes with instructions, helpful dieting tips, weekly overviews and a graph at the end to track your progress. I've been using it for just over 2 weeks now and have lost about 6lbs! Each day has its own page to track your calories eaten, calories burned during exercise, fat intake, glasses of water drank, and steps. There is also an optional carb/protein column if you are on a specific type of diet. I would definitely recommend this to anyone trying to loose weight. It keeps you accountable for what you put in your mouth and helps you manage how much you eat versus how much you work out.OH and one last thing, the last 4 pages or so gives you the calories and fat found in many common foods, so if you don't have the nutrition information available for you you can look it up in your book. The nutrition information section also features a page for fast food including mc donalds, wendys, subway and pizza hut among others.

I've used many journals as I go through my weight loss journey. This one is by far the easiest to use and REMEMBER to use. It is concise and to the point. The size is also convenient. It fits in your purse or on your desk with no problem.

this is a handy little book...it's compact and has just the right amount of space to log your food and columns for carbs, calories, protein, etc....easy to use...I recommend it.

I loved this item! I ordered a sample to try out on some of my clients who were new to logging in food journals, and they love it. It's small enough to carry around in a purse, but has enough room for the basics--what you ate, when, even carbs, fat, and water intake. If your looking for something more in depth (why you ate, etc), this doesn't have enough room. I found it very affordable and useful!

I like the tips inside of this book, however, the pages to record things on are small,hard to write in it for me. I use Calorie King's calorie counting book almost daily. A personal journal works just as well for me.

I bought this based on the other reviews, but I wish I had listed to the person who said it was too small. I have small hands, and I thought it might just be the reviewer. However, this little book just tries to cram too much on to each page to be usable for me.I'm moving towards a regular spiral 5" x 7" notebook instead. This will also allow me to make little notes to myself as I shed weight and get used to exercising a lot.

This product rocks! My wife and I started dieting, so I purchased 8 of these to help us on our way along with the compliment to this book "The Calorie King Calorie, Fat & Carbohydrate Counter" and so far our dieting is going very well. In the first three weeks we have combined to lose about 25 pounds. The book is a real eye opener to all the food you consume in a day and helps you better "budget" the calories you consume in a day. It also has a few pages that gives you great health advice on how to succeed in your diet. We will definitely buy more after we have used them all!

I have been using the food and excersize journal for a year now and lost 30 lbs in just 4 months!! My brother who is 45 has lost 50 lbs. We both bought 5 of these to last one year because it is the best

(all in one) way to keep yourself in check when trying to lose or maintain your weight loss. We highly recommend investing in this journal for anyone struggling to lose weight.

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The CalorieKing Food & Exercise Journal Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal Food Journal for Digestive Disorders: Keep Record of Food Intake and Symptoms in the Food Journal for Digestive Disorders DIETMINDER Personal Food & Fitness Journal (A Food and Exercise Diary) 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes Caribbean Food Recipes, Food Processor Recipes,) The Book Lover's Journal (Reading Journal, Book Journal, Organizer) Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Water Color Paint Journal, Lined Journal, 6 x 9, 100 Pages 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction Alice in Wonderland Chalkboard Journal - We're All Mad Here: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, ... Chalkboard Notebook Journals) (Volume 5) Chalkboard Journal - Be Still & Know (Yellow): 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, ... Journals - Yellow Collection) (Volume 3) Chalkboard Journal - Be Still & Know: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, Blank Diary (Chalkboard Notebook Journals) (Volume 3) Food Intolerance & Allergy Tracker with Blood Sugar Log: (A Food Journal/Diary for Diabetics to Track Food Intolerances and Allergies) Happy Feet, Healthy Food: Your Child's First Journal of Exercise and Healthy Eating The CalorieKing Calorie, Fat & Carbohydrate Counter 2017 The CalorieKing Calorie, Fat & Carbohydrate Counter 2016: Pocket-Size Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Larger Print Edition The CalorieKing Calorie, Fat, & Carbohydrate Counter 2012 The CalorieKing Calorie, Fat & Carbohydrate Counter 2015: Pocket-Size Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2014: Pocket-Size Edition

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