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# Brand New 2008 Weight Watchers 3 (Three) Month Food Journal (Spiral Bound) Book



## Synopsis

Use this new JOURNAL to record and keep track of your Daily Flex Points or Core Plan Foods. Record how you use your Flex Points or Core Foods and see what is really working for you. This JOURNAL contains: Instructions for Use of the Journal, Weight Loss Chart, Weight Loss Graphs, Body Measurement Chart, Clothing Size Measurement Chart and 3 Months of Journaling pages. At the bottom of each page is an inspirational message. All this in a strong spiral bound format made of high quality paper. Very beautifully redesigned journal that will be sure to please, and will provide you with critical information to get you on your way to weight loss success. There is room to journal your food intake and your feeling during this time. Now you can take control and see when your calories, or points are increasing. This Journal is a convenient way to make losing weight easier. With this Journal you can see what is working for you from week to week and what may not be and make the necessary changes. At a glance you will be able to see how you are doing on either WW Plan, seeing how you are doing is a great motivator!!!!!! \*\*\*In the event that I am out of the smaller 2008 version I will send out the larger 3 month Weight Watchers journal (see second picture) in its place at no added expense\*\*\*

## Book Information

Spiral-bound

Publisher: n/a (2008)

ASIN: B0012U7ICK

Package Dimensions: 10.5 x 8 x 0.5 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 3.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #620,344 in Books (See Top 100 in Books) #94 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

## Customer Reviews

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your food intake and your feeling during this time. Now you can take control and see when your calories, or points are increasing. This Journal is a convenient way to make losing weight easier. With this Journal you can see what is working for you from week to week and what may not be and make the necessary changes. At a glance you will be able to see how you are doing on either WW Plan, seeing how you are doing is a great motivator!!!!!! \*\*\*In the event that I am out of the smaller 2008 version I will send out the larger 3 month Weight Watchers journal (see second picture) in its place at no added expense\*\*\*

This three month tracker makes watching what I eat so much easier. Both my husband and I use it and makes shedding weight easier.

The journal isn't what I expected. It's way smaller than the last one I had which could have been a good thing but there isn't a lot of room to write things down. I found that sometimes I was using two lines to write down one thing and then by dinner I didn't have any more room left to write my foods down. Other than that, it's the same as the other books. Just smaller.

Regardless of the diet plan followed..but specifically designed to be used with the WW points system. great way to obtain this journal outside the WW meeting.

I love this journal. I've been following flex points for over a year now and this journal makes it so much easier. You track your food and points daily, and there's a check off at the beginning of the week for every day. Then on the daily pages you can check off your water, fruits & veggies, dairy and oils. It's helpful. Yes, it may be more expensive than at the meetings, but if you are doing this on your own, it's worth it.

I just bought this book last week. While it arrived on time, just be clear that you are paying nearly \$16 for one book. Those of you who attend meetings know that this same book is sold for \$5.99 there. If you have access to a meeting, I would strongly urge you to buy it there. It's the same concept. Nothing really different with the new version.

thanks so much for shipping so fast i love these books help with my diabetes as well

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Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Brand New 2008 Weight Watchers 3 (Three) Month Food Journal (Spiral Bound) Book Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Watchers: Weight Watchers Cookbook - Smart Points Edition - Lose Weight By Eating Smarter (Weight Watchers Pocket Guide) Weight Watchers: 101 Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Diet Food Journal : Weight Watchers Log Book 7.5x9.25 - Weight Watcher Log Book - Food Calories Tracker - 120 Pages (60 Days) Vol.8: Diet Journal Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight Watchers Leaders Weight Watchers Recipes: 100 Weight Watcher Slow Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) Weight Watchers 2012 Complete Food Companion Brand New Points Plus Weight Watchers One Pot Cookbook (Weight Watchers Cooking) Weight Watchers In 20 Minutes (Weight Watchers Cooking) Weight Watchers Cookbook: Pressure Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight Watchers Eat! Move! Play!: A Parent's Guide for Raising Healthy, Happy Kids (Weight Watchers Lifestyle) Weight Watchers Cook it Fast: 250 Recipes in 15, 20, 30 Minutes by Weight Watchers (2014) Paperback Weight Watchers My QuikTrak Diary - 12 Week Core & Flex (Weight Watchers TurnAround Program, QuikTrak)

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