



The Mayo Clinic Diabetes Diet Journal: A handy companion journal

the weight-loss experts at Mayo Clinic

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The essential companion to The Mayo Clinic Diabetes Diet, this journal will making losing weight just a little bit easier. Full of weight-loss tips, this journal is the perfect place to track what you've eaten, how you've exercised, and the amount of your weight loss. The Mayo Clinic Diabetes Diet Journal is the essential companion to The Mayo Clinic Diabetes Diet. The Mayo Clinic Diet Journal includes: The Lose It! quick-start section, which helps you keep track as you add 5 habits, break 5 habits, and adopt 5 bonus habits. The Live It! section, which makes losing weight easier as you follow the Mayo Clinic Healthy Weight Pyramid, record your activity each day, and keep track of your goals. Also included in this handy Journal are forms to create a weekly shopping list, menus, and places for notes to yourself. Each section includes space for you to reflect on your week, as well as to record your weight loss. Losing weight with The Mayo Clinic Diabetes Diet just got a little bit easier with help from The Mayo Clinic Diabetes Diet Journal.

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