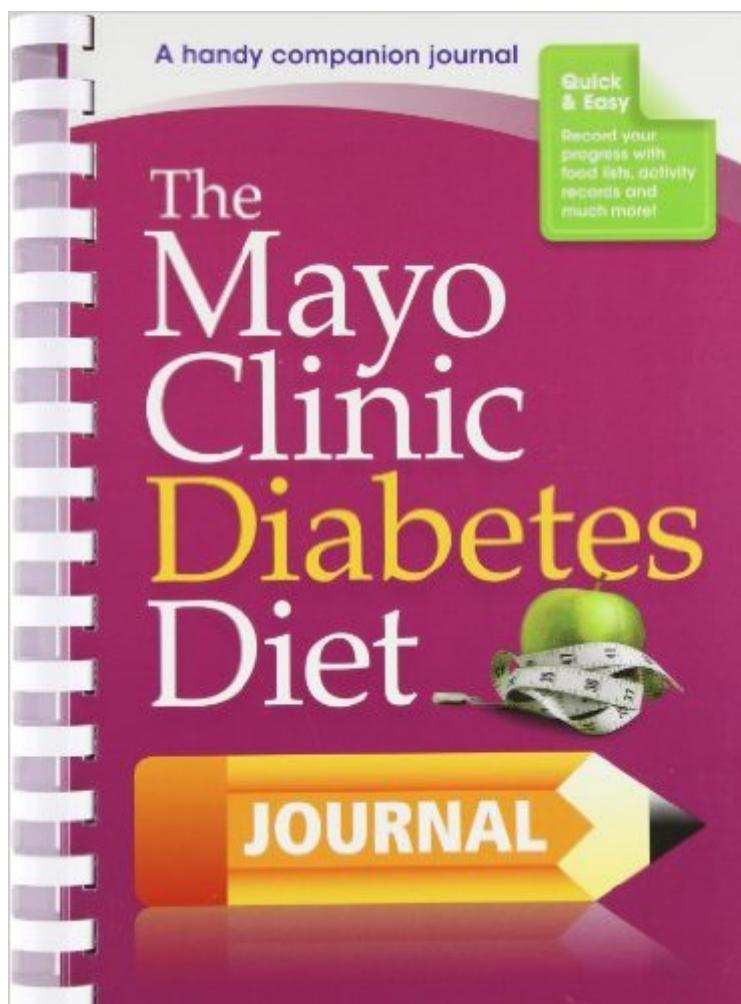


The book was found

# The Mayo Clinic Diabetes Diet Journal: A Handy Companion Journal



## Synopsis

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.

## Book Information

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## Customer Reviews

This journal is a really nice in that it is simple to use. Directions on how to use it are in both the journal and in the Mayo Clinic Diabetes Diet book as well. There is a place to write down what motivates you want to lose weight and why is it important to you. Then there is daily goals for you to write along with exercise, food eaten, and spots to write down you blood glucose levels. After the first two weeks the journal changes but still remains easy to use. In the second phase you have spots to plan your diet, exercise, and shopping list, and then there are the daily pages where you

still list exercise, daily goal, food eaten, and glucose levels. All in all I really like this journal along with the diet which is easy to follow, understand and stick to. I have found it very nice in those ways and have actually been successful in losing weight.

This Journal is exceptional! I used up the first one and am now on my second!! You can keep track of everything necessary to insure you are eating and exercising properly, including Weight, food by types, i.e. carbohydrates, snacks, fresh fruit. You can set goals, determine what worked and what didn't! There are recipes, shopping lists - all in one convenient place!

I thought about passing on purchasing this and just writing my info down myself but the sections are well organized and it is easy to fill it out. It asks for more information then I would have originally thought to keep track off and it has been keeping me motivated to keep going. Just checking off is quickly and easier than writing everything down. Glad I purchased it.

Or create your own form on a computer. Maybe it is okay, but I eat more than 10 items of food a day. That is how many lines the book provides to write down how much you eat - 10 lines! But, they give 4 lines for activities. I guess that makes their point - exercise more, eat less.

The journal is an absolute must for the Mayo Diabetic diet book. They are the best books out there for diabetics. They help you to understand and follow a normal diabetic diet and even better at helping you with a dieting diabetic. I've purchased many diet books, etc. for diabetics and none of them are in the same class as these two. I wish I had found them earlier.

Together with "The Mayo Clinic Diabetes Diet". you have the perfect personal trainer, teacher, counselor, diet expert... Most important, this journal lets you get to know your weaknesses, strengths, gives you time and space to accomplish your goals, teaches how to read labels and helps you be on track with your progress. It is like having a friend by your side looking at your ups and downs, helping you to get rid of old habits and acquiring healthier ones. With the help of this handy and easy to carry journal I lost 18 pounds in two weeks and counting...In a few words, indeed, a real good purchase!

ABSOLUTELY HATE THIS JOURNAL AND WILL NOT BE USING IT. i JUST WASTED MY MONEY. Unfortunately I am on disability so my money doesn't stretch very far. The layout is poor,

about half the book is wasted space I could have used to write in my info. They put huge pictures of the food pyramid on every page, so you can't even write in those places...its a dark pink...and it's not set up in a uniform manner and with the lines and titles like I need. No place for logging blood sugar levels and what you ate etc...its just a lot of stupid nonsense that is unnecessary info for the serious diabetic who needs help keeping track of their disease and how to remedy it. Will give it away or resell it. Maybe even trash it!! Thank goodness I only paid 5 dollars plus shipping. Wish I had bought from a bookstore cause I would go take it back!

I purchased the Diabetes Diet book and this journal. Writing everything down daily has proven to be an eye opener and disciplined me into seriously working to become healthier. I have used it for one week and can see where improvement is needed to help me stay the course and reach my goal. I would recommend this product, in conjunction with the diet book, as a effective way to change eating habits to become healthy.

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