



## Dash Diet: Record Your Weight Loss Progress (with Calorie Counting Chart)

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By Speedy Publishing LLC

Weight a Bit, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you're closely monitoring your food consumption and your exercise routine, it will become easy to give yourself some credit when it is due. Overtime, this will result in a boost of your self-confidence because you are aware of how well you're doing in realizing your fitness goals. A complete and well-kept journal provides an immediate overview of your weight loss journey.



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