



Weight Loss Journal - 31 Days Journey: Keep to 1200 Calories Daily with the Dietitan

Dr. Brian Johnson

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In my years of working with patients, I find that the most helpful advice that I have given them is to keep a food diary journal. Believe it or not, this is the KEY to losing extra weight. New medical study in the American Journal of Preventive Medicine shows that 1,685 overweight adults have kept food journals for 6 months and proved successful. For six months, they had successively kept their food journaling and became successful in losing their extra pounds. The most powerful predictor of their weight loss was the number of days per week they were able to keep their food diary, says Victor Stevens, PhD, senior investigator at the Kaiser Permanente Center for Health Research in Portland, Oregon. Since then, I had successfully implemented this plan to help my overweight patients to keep to a 1200 calories per day. The journal gives them a certain accountability to themselves. I have created this monthly Weight Loss Journal - 31 Days Journey for all my patients. They only need to use a minute or two to record into the journal everyday for ONE month only. After they finish recording their data, they can look over their progress easily by flipping the pages. The following month, they get a new book from me and record their second month. The idea of this journal is to keep it SIMPLE, only one month basis, so that they can see results and compare them month by month. After you have finished using this 31 day journal (buy the paper back copy), buy a new 31 Day Journey book and record for the next 31 days. I do not want to create a thick book 365 days because I have seen that a thick book does not work for my patients. What they need is something simple, easy, and thin so that they can put it in their pockets and write down their daily calories intake each day. Get this Weight Loss Journal and implement it into your life right away. Do not wait. Do not procrastinate. Take action today and you will have success! I am a dietitian and I have helped many people in a weight loss program. You probably have your own dietitian to help you control your weight. I am here to help you to be accountable to yourself and to your dietitian since I do not see you in my clinic. I give you some simple guideline 6 menu plans for 1200 Calorie Menu - low carb, high protein, vegan, dairy free. The main part of the book is for you to fill in yourself! Wishing you great success!

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