



The Mayo Clinic Diet Journal: A handy companion journal

the weight-loss experts at Mayo Clinic

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The essential companion to *The Mayo Clinic 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 Diet Journal is the essential companion to *The Mayo Clinic Diet*. *The Mayo Clinic Diet Journal* includes:

The Lose It! quick-start section that helps you keep track as you add 5 habits, break 5 habits, and adopt 5 bonus habits.

The Live It! section of the Journal makes losing weight easier as you use this section to 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 Diet* just got a little bit easier with help from *The Mayo Clinic Diet Journal*.

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