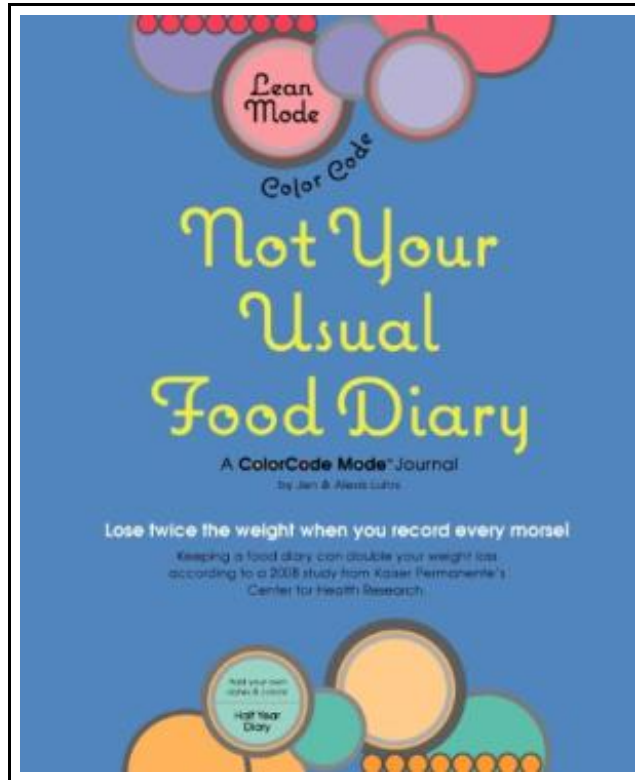


## Lean Mode, Color Code Not Your Usual Food Diary



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***(Ethel Mills)***

## LEAN MODE, COLOR CODE NOT YOUR USUAL FOOD DIARY



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Luhrs Media Company. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.0in. x 7.5in. x 0.6in. From Jennifer and Alexis Luhrs, creators of the popular Streaming Colors Fitness Journal healthy habit-forming calendar (since 2004), comes the new Lean Mode, Color Code Not Your Usual Food Diary, with PowerCircles and FoodDots you color in and connect on each full page devoted to recording daily diet and exercise details. Studies show people who keep a food diary every day during their weight loss effort can lose twice as much weight as people who don't journal. Food diaries are a proven but underutilized weight loss tool to help you focus on small daily choices. Now the ColorCode Mode team reinvents the humble food diary to be quick, easy, and fun to use. As with all of the ColorCode Mode Journals, the main idea is to color in the good things you do each day, such as eating more veggies, exercising, drinking more water, or having a junk-food-free day. Color reminds, rewards and motivates you to practice a healthy action long enough for it to become a habit you hardly have to think about (like taking a shower in the morning.) Healthy habits feel comfortable and normal unlike torturous diets and exercise regimens you can't wait to quit and are the key to better fitness and a healthier lifestyle! Jot down what you eat on each daily page, and then grab your highlighters. Next to each food entry is a FoodDot to color in if you consider that food item or meal to be healthy. Not seeing a lot of color on your page can give you insight into which eating habits you need to change. Can you connect-the-FoodDots on each daily page by making healthful food choices all day long? A Color Code and Goals page...



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