

# Download The Calorieking Food Exercise Journal

Lose weight and keep it off! Start using our free calorie counter and exercise journal and we'll show you how! To make the smart food choices that lead to permanent weight control, you must become aware of what you eat on a day-to-day basis. The CalorieKing Calorie, Fat & Carbohydrate Counter is the most accurate resource for calorie, fat & carbohydrate counts. Make sure this fits by entering your model number.; Durable Translucent Cover Custom Food Journal with Spaces to Record Food for organizing all of your meals for the day. Space to enter up to 5 Meals, keep track of water consumption. The log pages also have a place to total your Daily Calories, Carbohydrates, Fat and Protein. Get Stronger with 30 Minute Premium High Intensity Workouts. Stronger burns a maximum number of calories in the shortest time possible with intense and fun 30 minute workouts. Led by celebrity trainer Nicky Holender, each workout emphasizes a different aspect of exercise, including: