



## The 5: 2 Fast Diet Weight Loss Recording Diary

By Andrew N Hurst

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you are on a diet, 5:2 or otherwise, chances are you are recording your weight loss on a weekly basis. This diary allows you to record a years worth of weight loss data (52 weeks) in one handy place. In addition, if you are really serious about losing weight you should know some of the other key figures associated with your weight, including: Body Mass Index (BMI) Body Fat Percentage Skeletal Muscle Percentage Resting Metabolism (Calorie Intake) Body Age Visceral Fat Level This book explains how you can obtain this useful data using specialist, but readily available scales, which will then show you in more detail just how you are doing on your weight loss journey. Clearly laid out with room for notes, the diary has been produced to accompany the book A Blokes Guide to the 5:2 Diet (ISBN 978-1503075948) but can be used with any weight loss diet regime.



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