



Weight Loss Confidential Journal: Week-by-Week Success Strategies for Teens from Teens

Anne M. Fletcher M.S. R.D.

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Weight Loss Confidential Journal is two things in one. It's a roomy journal where you can write down what you eat, how much you exercise, and how you feel as you start to make changes in your life. It's also a personal trainer, filled with advice from other teens who lost weight — as much as 50 to 100 pounds. You'll get hundreds of tips, like how to start exercising when you don't want to and how to stop yourself from overeating. The journal gives you tons of ideas for good-for-you munchies and super-quick meals that teens like to make, from chili and pita pizza to instant "cheesecake." Plus a week's worth of easy, low-cal breakfasts, lunches, dinners, and snacks to get you started on the road to your best weight.

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