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Hello New Me allows you to: Easily record your food consumption: breakfast, lunch, dinner and snacks. Monitor your daily water intake. Keep track of your daily activity and exercises. Oversee your cravings and how you respond to them. Keep an eye on

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whether you get enough sleep. Control how your mood reflects on your will and eating habits.

Hello New Me: A Daily Food and Exercise Journal to Help ...

I tell women if you want to feel and look better do these 4 things everyday: sleep 7+ hours, eat mostly whole foods, drink 8 8oz glasses of water, exercise a minimum of 30 minutes. This Hello New Me journal tracks all of those 4 things and keeps it so simple!

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Product Information. Writing down and seeing your daily food intake gives a better perception of how much you actually eat. Studies show that tracking and

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planning your meals for a week or more yields the best results, but even recording your nutrition for one day can make a difference. Journal notebooks help you identify both your good habits (for example choosing healthy nutritious snacks ...

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