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## **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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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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