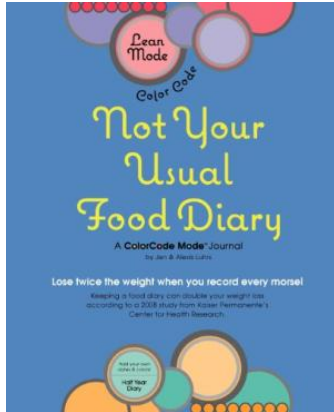


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## LEAN MODE, COLOR CODE NOT YOUR USUAL FOOD DIARY



Luhrs Media Company. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.0in. x 7.5in. x 0.6in. From Jennifer and Alexis Luhrs, creators of the popular Streaming Colors Fitness Journal healthy habit-forming calendar (since 2004), comes the new Lean Mode, Color Code Not Your Usual Food Diary, with PowerCircles and FoodDots you color in and connect on each full page devoted to recording daily diet and exercise details. Studies show people who keep a food diary every day during their weight loss effort...

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