

# Diary to Lose Weight Walking in 90 Days Annotated

Losing weight can be a challenging journey, but it's one that can be made easier with the right plan and support. One of the most effective ways to lose weight is through walking, and a diary can be a great tool to help you stay on track.

This diary will provide you with all the information you need to get started with your walking program, including a daily log to track your progress, tips for staying motivated, and healthy recipes to help you fuel your body.



## DIARY to Lose Weight Walking in 90 Days annotated!

by Elizabeth Becker

★★★★☆ 4.3 out of 5

Language : English  
File size : 1071 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 81 pages  
Lending : Enabled



## Getting Started

Before you begin your walking program, it's important to consult with your doctor to make sure that you're healthy enough to participate. Once you've been cleared by your doctor, you can start by setting realistic goals for

yourself. Don't try to do too much too soon, or you'll quickly become discouraged.

Start by walking for 30 minutes each day, and gradually increase the duration and intensity of your walks as you get stronger. Be sure to listen to your body and rest when you need to.

## **Tracking Your Progress**

One of the best ways to stay motivated is to track your progress. This will help you see how far you've come, and it can also help you identify areas where you need to improve.

The daily log in this diary will help you track your walking distance, time, and calories burned. You can also use the log to track your weight and measurements.

## **Staying Motivated**

Losing weight can be a challenge, but it's important to remember why you started. Keep your goals in mind, and don't give up on yourself.

Here are a few tips for staying motivated:

- Set realistic goals.
- Find a walking buddy.
- Listen to music or podcasts while you walk.
- Reward yourself for your accomplishments.

## **Healthy Recipes**

Eating a healthy diet is essential for weight loss. The recipes in this diary are all low-calorie and nutritious, and they can help you fuel your body for your walks.

Here are a few of the recipes you'll find in the diary:

- Grilled chicken salad
- Salmon with roasted vegetables
- Quinoa with black beans and corn
- Fruit smoothies

This diary is a great resource for anyone who wants to lose weight through walking. The information and tools in this diary will help you get started with your program, stay motivated, and achieve your weight loss goals.

Remember, losing weight takes time and effort. But with the right plan and support, you can reach your goals and live a healthier life.



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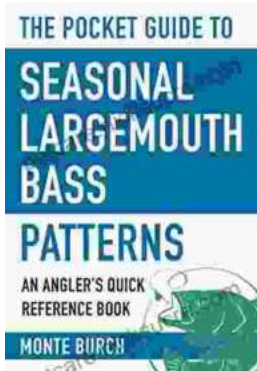
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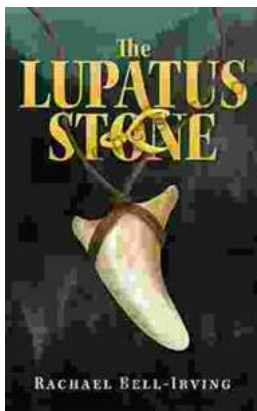
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