

New!! Free Printable Weight Loss Journal Pages for those struggling with Post Lockdown Weight Gain

Get Yours Now



Worcester, Worcestershire Jan 23, 2023 (Issuewire.com) - Have you found yourself gradually increasing in weight over the last few years?

Well, you are not alone.

Here at [My Weight Loss Journal](#) we have been working on a way to get you started with our FREE journal pages to keep track of your progress.

It is estimated that in the first year of the pandemic, 42% of Americans put on weight. And the average weight gain during this period was a whopping 29lbs.*

Many of us are still carrying this excess weight as we continue to emerge from the lockdowns, and more and more of us are determined to lose it.

The internet is not short on ideas about the best way to lose weight. But whichever plan you use, journaling for weight loss has a proven track record of helping people on their weight loss journey.

' In one weight loss study of nearly 1,700 participants, those who kept daily food records lost twice as much weight as those who kept no records. '^{**}

Journaling for weight loss doesn't require expensive apps, clubs or schemes. In your weight loss journal, you can mindfully reflect on:

What you are eating – too many meals out?

When you are eating – do you get the midnight munchies?

Why you are eating – are you really hungry or just bored?

Here at 'My Weight Loss Journal' we believe that small steps can make big changes. Slow and Steady wins the Race. While it can be encouraging to lose weight quickly in the initial stages of your diet, it is going to be the small changes that you will be able to maintain for the long haul! And if you want to lose all of those excess 29lbs – it is going to be a long haul!

Our Free weight loss journal PDF pages can help you organise your thoughts, discover your poor eating habits, exercise more, and track your successes.

Get your free weight loss journal pages now at: myweightlossjournal.net

Our website at [My Weight Loss Journal](#) is also full of great weight loss info, tips, tricks and inspiration to help you on your way.

Could 2023 be the year when you lose weight?

References:

*<https://www.apa.org/news/press/releases/2021/03/march-weight-change> accessed 13/01/23

** <https://www.health.harvard.edu/blog/why-keep-a-food-diary-2019013115855> accessed 05/December 2022

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