



## Lean Mode, Color Code Not Your Usual Food Diary

By Jennifer A. Luhrs

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 can lose twice as much weight as people who don't journal. Food diaries are a proven but underutilized weight loss tool to help you focus on small daily choices. Now the ColorCode Mode team reinvents the humble food diary to be quick, easy, and fun to use. As with all of the ColorCode Mode Journals, the main idea is to color in the good things you do each day, such as eating more veggies, exercising, drinking more water, or having a junk-food-free day. Color reminds, rewards and motivates you to practice a healthy action long enough for it to become a habit you hardly have to think about (like taking a shower in the morning.) Healthy habits feel comfortable...



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