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Studio Jotter Journal Food Log Book Preview

You are what you eat, or so it's said. Like more and more people today, perhaps you're trying to eat healthier meals, properly-sized portions and make changes for the better. Studio Oh's Food Log Jotter Journal is the perfect tool for easily jotting down the details of your meals each day to track your diet progress, changes or needs. The Jotter Journal measures a highly portable 2.75 x 7.5 inches, has a super-durable flexible cover, 160 lined pages on which to write and an elastic band closure to keep everything neatly tucked away in one place. Just think from soup to nuts, your healthy relationship with food just might last a lifetime!