



Weight Loss Scrapbooking: Scrapbooking Layouts for your Weight loss Journal

Cynthia Carpenter, Autumn Ayla Craig

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"*Weight Loss Scrapbooking* - is all about how to scrapbook or smash book your weight loss.

As a **bonus** this 'how to' scrapbook incorporates a complete 12 week weight loss plan *including* detailed meal sample ideas, setting your weight loss goals, and a comprehensive 12 week schedule that includes a fitness outline of cardio and strength training that is simply designed and focuses on the successes of the beginner.

Follow the weight loss scrapbook layout designs as you completely personalize your own journey and create something that will motivate and excite you and produce a beautiful weight loss journal that you will cherish for years to come.

If you are already a scrapbooker you know that it is an activity that reduces stress so it works in perfect harmony with your weight loss goals. By providing motivation, relieving stress and a complete guide to accomplishing your goals you are ready to win this time.

Weight Loss Scrapbooking encourages innovation, no need to confine yourself to 'traditional' weight loss or scrapbooking layout methods. Get funky and unique in your activities *and* the way you record them.

Scrapbook your weight loss journey will record for you how absolutely fabulous you feel and look to anyone who sees your scrapbook layouts. You will become an inspiration to yourself and to others.

By utilizing the well known fact that keeping a journal has a 10 times greater likelihood of succeeding in your goals. Whats a more beautiful way to maintain your weight loss journal than scrapbooking? It might even make the whole process that much easier.

Creating nice layouts that reflect your fun and achievements are a great way to celebrate your hard work and dedication. You love scrapbooking and strive for creative success. Combine this with *scrapbooking your weight loss success* and week by week build your motivation to succeed.

Do you snack during your scrapbooking sessions? Healthy snacks for the scrapbook table are included. How do you fit in exercise into an already busy and hectic day? Quick 'fit' tips and tricks are found in chapter 13. Make sure you get a snapshot of yourself doing these and put them in your weight loss scrapbook.

Your authors Autumn Ayla Craig - a long time scrapbooker and Cynthia Carpenter - nationally certified personal trainer and nutritionist got together to create "**Weight Loss Scrapbooking**" *Scrapbooking Layouts for your Weight loss Journal*.

Autumn Ayla Craig uses her expertise as a scrapbooking layout marvel to document her own weight loss journey and lays it all out for you using some phenomenal layout ideas for you to document your progress.

Including pages for journaling, favourite recipes, and silly family photos, you'll have great fun scrapbooking your weight loss diary.

Scrapbooking your weight loss will turn your hobby into a fun and healthy tool that you can use to boast to your friends and family about your accomplishments - and why not? We all like to show off a little bit.

Regardless of what stage your weight loss journey is at, whether you are just in the planning stage, already in the process, or have already reached your goal weight, scrapbooking your weight loss into a book will make fitness fun.



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Pete Plaisance:

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Mary Gobeil:

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