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[My Weekly Weight Loss Journal Tour | Planning out the week](#)

My Weekly Weight Loss Journal Tour | Planning out the week by 70lbs Of Life 2 years ago 9 minutes, 2 seconds 56,907 views My weekly , weight loss journal , tour and how I plan out the week for success. This , journal , is extremely helpful to make sure I stay ...

[Workout and Diet Diary \(days 1-3\) | WEIGHT LOSS VLOG](#)

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*Workout and Diet Diary (days 1-3) | WEIGHT LOSS  
VLOG by Laura Lynn 2 days ago 25 minutes 2,827  
views In this , weight loss , vlog you get to see  
a , weight loss , day in the life of me trying to  
lose 200 lbs...including the workouts and , diet  
, I ...*

[My 60lb Weight Loss And The Book That Helped](#)

*My 60lb Weight Loss And The Book That Helped by  
Holly Hearts Books 1 week ago 11 minutes, 39  
seconds 3,845 views This is a video I have wanted  
to make for a long time but didn't feel ready.  
I've never opened up about my , weight loss , .  
This is my ...*

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[HOW TO: Health journal + journal tour](#)

*HOW TO: Health journal + journal tour by Alivia  
D'Andrea 2 years ago 8 minutes, 44 seconds  
945,657 views When I started journaling, my life  
changed. I started losing weight, creating good  
habits, staying organized and productive, and ...*

[10 Types of Fitness Trackers for Bullet  
Journaling](#)

*10 Types of Fitness Trackers for Bullet  
Journaling by Erin Floto Designs 1 year ago 22  
minutes 46,854 views Here are 10 different  
fitness elements that you can add to your*

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tracking spreads in your bullet , journal , to  
help you reach your ...

[Bullet Journal for Weight Loss | Fearloss Fitness  
| WLMAKERS](#)

*Bullet Journal for Weight Loss | Fearloss Fitness  
| WLMAKERS by Wlstories 1 year ago 15 minutes  
12,104 views Welcome to WlMakers, a community of  
creators sharing their personal , weight loss ,  
journeys. Check us out here on YouTube ...*

[Week 3 Grocery Raffle Bubunutin na!](#)

*Week 3 Grocery Raffle Bubunutin na! by Mclyn's*

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Diary 1 day ago 13 minutes, 13 seconds 183 views

[Everything Gwyneth Paltrow Eats in a Day | Food Diaries: Bite Size | Harper's BAZAAR](#)

*Everything Gwyneth Paltrow Eats in a Day | Food Diaries: Bite Size | Harper's BAZAAR by Harper's BAZAAR 1 year ago 6 minutes, 35 seconds 2,164,006 views At her February 2020 BAZAAR cover shoot, we asked Gwyneth Paltrow all about her , diet , . From peanut butter protein bars to Goop ...*

[Damji's Diet diary \[Day 103-110\] Extreme Obesity Diet Record|Weight check](#)

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*Damji's Diet diary [Day 103-110] Extreme Obesity  
Diet Record | Weight check by [REDACTED] Damji 3 months  
ago 12 minutes, 56 seconds 409,324 views 09 / 27  
/ 2020 ~ 10 / 04 / 2020*  
*I'm recording meals  
and exercise for my diet  
I'm pursuing a long-  
term diet and focusing on ...*

[My 2021 Planner Lineup!!! \[Epic 2021 Planner  
Haul!\]](#)

*My 2021 Planner Lineup!!! [Epic 2021 Planner  
Haul!] by Heart Breathings 1 month ago 56 minutes  
40,556 views Yay!!! It's that time of year where  
we all look ahead to the fun of our new planners  
and all the goals and promises of the new*

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year ...

[\[Losing 20KG\] Losing weight by controlling what I eat | Whole food plant - based diet](#)

[Losing 20KG] Losing weight by controlling what I eat | Whole food plant - based diet by HYEMI 10 months ago 8 minutes, 45 seconds 1,537,921 views  
height 159cm \nweight 67kg ▶ 48kg \n\n\n\ncontact\nh.j150511@gmail.com

[My Saffiano Set Up for Diet \u0026 Weight Loss + Giveaway - Filofax Friday - Week 9](#)

My Saffiano Set Up for Diet \u0026 Weight Loss +

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Giveaway - Filofax Friday - Week 9 by Anna Brim 6  
years ago 19 minutes 3,108 views A fortnight ago  
I did an unboxing video of my Saffiano and I am  
back this week with a tour of how I set it up,  
purely for , weight loss , .

[DIY Weight Loss Tracker ♀ In Depth How To |  
Fitness Planner| At Home With Quita](#)

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Fitness Planner| At Home With Quita by  
AtHomeWithQuita 3 years ago 33 minutes 30,579  
views Hey Planner Babes! In todays video I will  
show you my fintess planner setup and let you  
know how I plan to achieve my , weight , ...

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[FiLoMa's Craft Project #5/2014 - Altered Book  
Cover: Food Journal](#)

*FiLoMa's Craft Project #5/2014 - Altered Book  
Cover: Food Journal by Fiona Maxwell 6 years ago  
4 minutes, 40 seconds 390 views I decorated this  
, A5 , lined , book , to have something pretty to  
look at while journalling my , food , .  
<http://filoma.blogspot.com>.*

[My Bullet Journal Masterclass](#)

*My Bullet Journal Masterclass by Matthew Kent 2  
years ago 24 minutes 170,616 views My Supplies:  
My Notebook: \*4-6-2019 Note: looks like my exact*

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