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The Dorm Room Diet Planner

Daphne Oz

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The simple, practical companion to the national bestseller *The Dorm Room Diet*

Daphne Oz's *The Dorm Room Diet* won over readers everywhere with its whole new approach to looking good, feeling great, and staying fit in college—and for life. Now, based on the successful principles of the original book, this user-friendly companion guide, filled with motivational tips and checklists, helps you create your own lifestyle plan and keep track of your progress.

Make smart food choices. Set goals you can achieve. Develop your own fitness program.

With information on recognizing eating habits and how to change them, determining what and how much to eat, sidestepping the five biggest danger zones for eating in college, setting realistic goals, and sticking to an exercise plan, *The Dorm Room Diet Planner* provides the inspiration and tools to navigate the challenges of college life. Also featured is a special journal section to help jump-start the first 30 days of your program.

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