

## Priyanka's Bariatric Journal Recommendations

[https://www.amazon.com/Rediscover-YOU-Bariatric-Mindset-Journal/dp/1983690465/ref=sr\\_1\\_10?crid=2YKBJXTMK770H&keywords=bariatric+surgery+journal&qid=1651017991&srefix=bariatric+surgery+journal%2Caps%2C102&sr=8-10](https://www.amazon.com/Rediscover-YOU-Bariatric-Mindset-Journal/dp/1983690465/ref=sr_1_10?crid=2YKBJXTMK770H&keywords=bariatric+surgery+journal&qid=1651017991&srefix=bariatric+surgery+journal%2Caps%2C102&sr=8-10)

### Journals for food tracking

[https://www.amazon.com/Gastric-Sleeve-Journal-Bariatric-Supplements/dp/B0972VPTTM/ref=sr\\_1\\_4?keywords=bariatric+sleeve+journal&pd\\_rd\\_r=f684144b-49f7-40ac-964d-02e41a4bfec4&pd\\_rd\\_w=t6Oht&pd\\_rd\\_wg=b5mNN&pf\\_rd\\_p=2c083df3-a26e-4ea9-a512-e0aeb6ffdc2&pf\\_rd\\_r=HFHG5BNK14H571WJ0JHD&qid=1651017763&sr=8-4](https://www.amazon.com/Gastric-Sleeve-Journal-Bariatric-Supplements/dp/B0972VPTTM/ref=sr_1_4?keywords=bariatric+sleeve+journal&pd_rd_r=f684144b-49f7-40ac-964d-02e41a4bfec4&pd_rd_w=t6Oht&pd_rd_wg=b5mNN&pf_rd_p=2c083df3-a26e-4ea9-a512-e0aeb6ffdc2&pf_rd_r=HFHG5BNK14H571WJ0JHD&qid=1651017763&sr=8-4)

[https://www.etsy.com/listing/1183282941/bariatric-weight-loss-journal-gastric?click\\_key=ebd1aac5482512164d0f724a893c660086bec1d0%3A1183282941&click\\_sum=1c7f1f1c&ga\\_order=most\\_relevant&ga\\_search\\_type=all&ga\\_view\\_type=gallery&ga\\_search\\_query=bariatric+journal&ref=listing\\_grid-1-4&bes=1&sts=1](https://www.etsy.com/listing/1183282941/bariatric-weight-loss-journal-gastric?click_key=ebd1aac5482512164d0f724a893c660086bec1d0%3A1183282941&click_sum=1c7f1f1c&ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=bariatric+journal&ref=listing_grid-1-4&bes=1&sts=1)

[https://www.etsy.com/listing/925433350/hard-copy-weight-loss-journal-binded?click\\_key=30c33d849822b496c13dc0d4d524b8964a6ab4c3%3A925433350&click\\_sum=75fc6f22&ga\\_order=most\\_relevant&ga\\_search\\_type=all&ga\\_view\\_type=gallery&ga\\_search\\_query=bariatric+surgery+journals&ref=search\\_grid-1-5&pro=1&sts=1](https://www.etsy.com/listing/925433350/hard-copy-weight-loss-journal-binded?click_key=30c33d849822b496c13dc0d4d524b8964a6ab4c3%3A925433350&click_sum=75fc6f22&ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=bariatric+surgery+journals&ref=search_grid-1-5&pro=1&sts=1)