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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This Workout Journal is great for keeping a log of your daily / weekly exercise routine and food intake. Pop it in your training bag and track what you are doing. This aids fitness and weight gain/loss by helping you to create a visual image of your body, fitness and eating habits. Measuring 6 x 9, it is nicely designed with a motivational picture on the front. Click inside to see the layout, double page spread with one page for recording your workout, the other side being a handy food diary. With room to track a whole 12 months worth of activity, this is the only workout journal that you will need. What gets measured gets done, as you see improvements, you will continue to track your goals and your results will multiply. Kick-start your fitness goals in 2016 and beyond with this nifty workout journal log, it will be one of the best decisions you can make.



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