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WORKOUT JOURNAL: DIARY LOG WITH FOOD EXERCISE: PLANNER TO BUILD GOOD FITNESS ROUTINES



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. 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...

Read PDF Workout Journal: Diary Log with Food Exercise: Planner to Build Good Fitness Routines

- Authored by Elle Mcwade
- Released at 2016



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