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Reviews

This ebook is wonderful. Of course, it really is perform, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is simply after i finished reading this ebook where in fact changed me, modify the way i believe. (Prof. Maxwell Stracke)

FOOD AND EXERCISE JOURNAL: EVERYTHING LOOKS GOOD ON SKINNY (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Food and Exercise Journal: Everything Looks Good on Skinny Is this the year that you reach your fitness goal? It can be! This daily food and exercise journal will help you reach that weight goals. Do you ever find yourself eating absent-mindedly? Wouldn t it be great if you had a little help? This food diary helps you to track your meals and your fitness routine. Imagine how much better it would be if you can track your work outs and record your meals throughout the week. The WOD log book gives you that opportunity plus more. Plus this journal also tracks your eating habits. Record your breakfast, lunch, dinner and marked down your calorie intake. Not only that but record other important factors like stress and sleep levels. Here s why you ll love this crossfit journal: Meal logs to easily see what you ve been consuming Calorie logs to track and eliminate any cheating Track your daily work outs with the WOD log Stay hydrated by tracking your water consumption 3 month progression log to easily see what you have accomplished This diet and exercise book includes everything you ll need to get started on your fitness goals. So pick it up today and get started by clicking the button above. Page Count: 100 Pages Binding: Trade Paper Size: 6 x 9 Language: English Color: Full Color Cover / Black White Interior.

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