

Fitness Journal 2017 Workout Log & Food Journal Keep Fit & Track Your Food & Workouts Easily with This Handy Weight Loss Journal Fitness Journals 2017 Volume 1



BOOK DETAILS

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BOOK SYNOPSIS

Get fit with this Fitness Journal 2017 with Workout Log & Food Journal. Double sided pages give you easy reference to your whole dietary lifestyle. Track your goals and achieve your ideal weight, no excuses. Measures 7" x 10" so plenty of space to write all your workouts and also everything that you eat for breakfast, lunch, dinner and snacks. Throw the fitness journal in your gym bag so that you have it to hand and carry it with you as you go along with your day to write down ALL the things you eat. Makes the perfect gift for someone who wants to lose weight and keep fit. Order your Fitness Journal 2017 today and start to enjoy a healthier lifestyle.

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