



I Don t Diet I Just Eat According to My Goals: Fitness Journal, Personal Training, Weight Loss, Exercise Journal, 7x10 (Paperback)

By Elite Online Publishing

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.See your fitness results with this 90 day workout and diet journal. A Fitness Tracker, log, and workout notebook. Set your workout goals and fitness goals to achieve that bikini body. Daily food log that encourages you to eat clean food by checking off your Fruits and Vegetables for each meal. As well as a water log. 90 day Journal Daily Food Log Water Log Diet Goals Fitness Goals Weight Tracker Workout Song of the Day Inspirational Quote of the Day Plan and track your fitness goals and diet goals. Track your walking and stretching. Add your favorite workout song for the day and Inspirational quote of the day. Keep track of your weight, your distance and reps. To keep your 90 day program going you have a place to track your workout diet successes as well as place to put either your weekly workout goals, 30 day health goals or 90 day fitness goals. Get the X Factor to your fitness program by keeping track of your daily progress. Get started now and our gift to you is the book How...



Reviews

The ebook is fantastic and great. I am quite late in start reading this one, but better then never. I am just effortlessly could possibly get a enjoyment of looking at a created ebook.

-- **Mr. Kevin Herzog**

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-- **Dr. Cesar Marquardt Jr.**