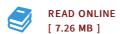




Fitness Journal: For Women, Unguided Workout Journal and Diet Tracker (Gym Training Log Book) (V34) (Paperback)

By Dartan Creations

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Start Tracking Your Hard Work In The GymFitness journals are a must when you are embarking on a weight loss program or want to avoid stagnation in the gym. This 6x9, 108 page diet and workout log book is unguided meaning it is just lines so you can jot down what you want the way you want it. I typically fill mine out with the meals on one side of the lined page and the workout on the back with the date scribbled into the upper corner of my daily training journal. If you are diabetic you can just log your blood sugar as you test it throughout the day. There is plenty of room to write down your meals, fitness goals and weight training achievements. With multiple fitness themed covers there is sure to be something to satisfy bodybuilders, runners and weekend warriors. If you love working out or know someone who does this fitness journal makes the perfect gift for Birthdays, Christmas or any occasion really. Scroll up and grab your copy today.



Reviews

Very good e-book and beneficial one. I am quite late in start reading this one, but better then never. I am effortlessly could get a pleasure of looking at a written book.

-- Alphonso Beahan

Definitely one of the best book We have at any time go through. It is actually filled with wisdom and knowledge I am quickly could get a delight of studying a published book.

-- Dr. Kim Bergnaum

Other Books



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Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



What is Love A Kid Friendly Interpretation of 1 John 311, 16-18 1 Corinthians 131-8 13

Teaching Christ's Children Publishing. Paperback. Book Condition: New. Daan Yahya (illustrator). Paperback. 26 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. What is Love is a Bible based picture book that is designed to help children understand what love is. In the story, twins...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book *****
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LEISURE ARTS INC, United States, 2013. Pamphlet. Book Condition: New. 269 x 216 mm. Language: English . Brand New Book. 5942 Loom Knitting for Mommy and Me Make loom-knit gifts for all the mothers, babies, and children in your life! Kathy Norris...



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