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Food Exercise Journal: The 60-Day Personal Fitness Diary (Paperback)

By Dale L Roberts

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you tired of working your ass off in the gym to get NO results? Wouldn't it be nice to get into the best shape of your life with one small change? Then, the Food Exercise Journal: The 60-Day Personal Fitness Diary is for you! The Food Exercise Journal: The 60-Day Personal Fitness Diary is the ultimate tracking tool and hack for your health and nutrition goals. With a focus on workouts and diet, this notebook is chock full of excellent information to get you started in goal planning your way to a beach body. Each day consists of two pages with an organized, simple layout for recording workout and dieting details. Track your workout program, exercise progress and food intake so you reach your fitness goals much sooner! This book includes: Daily tracking for exercise food Over 14 slots for filling in your exercises Up to 5 sets per exercise with space for weight and repetitions Special sections for cardio routines Spots for 3 meals 3 snacks Full instructions insights to get the biggest bang for your buck Over 130 pages with 60 days...



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