

## Moleskine Passions Wellness JournalCarnet Bien-Etre

By Moleskine

Moleskine. No binding. Book Condition: New. Diary. 240 pages. Dimensions: 8.3in. x 5.3in. x 0.7in.Keep track of your body and mind. Fully embossed cover, 3 ribbon place markers and double expandable inner pocket. Informative pages: seasonal food calendars, food facts, measurements and conversions. 6 theme-based sections to fill in: Diet, Exercise Log, Personal Goals, General Health, Games, Inspirations. 6 tabbed sections to personalize and 16 blank pages in which to unleash your passions creativity. Several adhesive labels: 40 to be used on the blank tabs, 150 with colored icons and 12 to customize the cover. 13x21 cm, 5 x 8, 240 pages, acid-free paper. Specifications: - Layout: Structured - Dimensions: 5 x 8-14- Hard Cover with elastic closure and three bookmark ribbons. - Color: Black- Pages: 240- Double-Expandable Inner Pocket- Paper Weight: 70 gsm47 lb.; FSC Certified Paper; Acid-Free (pH Neutral) This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Diary.



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-- Clemmie Rolfson

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-- Lilla Stehr

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