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WEIGHT LOSS TRACKER FOR CALORIE COUNTERS





Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. The Most Important Fact About Calorie Counting. Calorie counting is one of the best ways to effectively lose weight and get healthy faster than anything to date. You need to treat your weight loss tracking journal as your constant companion in your quest for a healthier self. Fill this journal out with your exercise or physical activity goals...

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- Authored by Pat L Steele
- Released at 2015



Reviews

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