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## 10,000 STEPS: 90 DAY WALKING JOURNAL (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Reach Your Goal Of 10,000 Steps Every Day With This Simple No-Frills Journal This compact 5 x8 journal fits easily in a purse or gym bag. Each entry lets you record your number of steps, distance, and calories burned. This journal is designed for walkers, but it can be used for any cardio workout - elliptical, bike, rowing, or...

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- Authored by Marc a Poulin
- Released at 2016



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### Reviews

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-- **Dr. Drew Kassulke**

*Very useful to any or all type of individuals. It is actually rally interesting through looking at period of time. Its been developed in an exceedingly easy way and it is merely after i finished reading this publication through which actually modified me, change the way i think.*

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