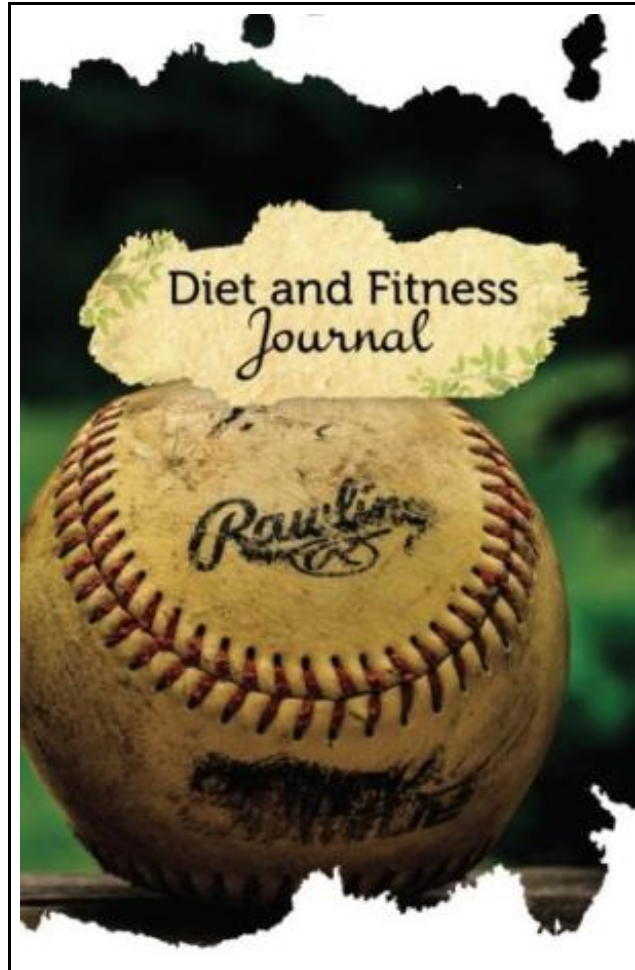


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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.




(Kade Ankunding)

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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This 50 page journal is filled with crisp clean pages that are specifically designed to help you achieve all your fitness goals for 2017 and beyond. The pages have been designed with spots for you to record your workout routine. Your dietary intake and your vitamin supplements. Each page has been categorized alphabetically, but also by date, making any aspect of your fitness routine easy to find in a matter of moments whether you are trying to remember how much weight you were able to bench press last month or the name of that really pays the energy bar you have on your walk to the park last week or your specific dose of vitamin C whatever it is. If it s part of your fitness routine. This nifty little journal will be able to record it and make sure that the information is always safe, secure and easy to access. This journal designed to help you with your weight loss routine and/or diet. The pages have been categorized by date and also with alphabetical to have making any little tidbit of information easy to find in an instant. The pages have been designed with specific areas for dietary requirements exercise routine schedules, as well as body mass index and weight loss. Notification areas as well as a blank space for any other important information such as the success of a specific exercise or dietary supplement or questions for your personal trainer or doctor or just personal affirmations and positive reinforcement. With this handy little journal in your pocket you will no longer have to worry about whether or not your number to take your vitamins today or your favorite...

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